

# LAUNCESTON COLLEGE WELLBEING & SUPPORT



Supporting and looking after your child's and your own mental health and wellbeing is so important during this difficult time. This lockdown has been particularly tough for everybody. However, we are all in this together, and as a College we are here to help and support all families in any way we can.

We would welcome contact from you if you ever need advice, guidance or someone to talk to!

Please pick up the phone or send an email to one of our Pastoral Support workers if you would like help and advice in supporting yourself or a young person at home during this lockdown.

Causley - Becky Crispin - [STFRHC@launcestoncollege.org.uk](mailto:STFRHC@launcestoncollege.org.uk)  
Hepworth - Shona Brown - [shona@launcestoncollege.org.uk](mailto:shona@launcestoncollege.org.uk)  
Rescorla - Lisa Moore - [STFLRM@launcestoncollege.org.uk](mailto:STFLRM@launcestoncollege.org.uk)  
Trevithick - Sarah Rowland - [sarahr@launcestoncollege.org.uk](mailto:sarahr@launcestoncollege.org.uk)  
Sixth Form - Dave Hawkins - [STFDAH@launcestoncollege.org.uk](mailto:STFDAH@launcestoncollege.org.uk)



We can offer 1-2-1 wellbeing support through our SSC or House Teams.

We also still have online support running through Dreadnought  
[Click here](#) or visit [www.thedreadnought.co.uk](http://www.thedreadnought.co.uk)

It could simply be that you would welcome a friendly chat with us to know that you're not alone!

Included in this newsletter is a little "One Stop Shop" for support from around the County and National Groups.

# HEADSTART

## COVID-19 Wellbeing Service

A temporary telephone & online wellbeing support service for 10-16 year olds who are struggling with emotional health during the COVID-19 situation



# You Tube

HEADSTART have launched a telephone and online wellbeing support service for 10-16 year olds who are struggling with their emotional health during the COVID-19 situation.

[Click here for details or visit:](#)

[www.your-way.org.uk/headstart-covid19-wellbeing-service](http://www.your-way.org.uk/headstart-covid19-wellbeing-service)

[You can also check out their 5 ways to well-being here:](#)

[www.startnowcornwall.org.uk/five-ways-to-wellbeing/coronavirus/](http://www.startnowcornwall.org.uk/five-ways-to-wellbeing/coronavirus/)

HEADSTART have also launched a series of videos to support mental health, and to help guide parents/carers and young people through these challenging times.

[Click here](#)



the right  
help

at the right  
time

by the right  
service

EARLY HELP includes help provided in both early childhood and early in the development of a problem. Early Help is available to children and young people of all ages from pre-birth up to the age of 18, and up to the age of 25 where young people have special educational needs or a disability. Early Help in Cornwall aims to ensure that services to support children, young people and their parents are there when they need them. Early Help is about identifying problems at an early stage and providing purposeful and effective help as soon as possible once they have been identified, working with families to solve those problems before they get worse.

[www.cornwall.gov.uk/earlyhelpclub](http://www.cornwall.gov.uk/earlyhelpclub) find out more

Find out more: about the Early Help Hub in their [leaflet](#)

## PENHALIGON'S FRIENDS

Providing support for bereaved children and their families.

Download their guides about [helping young people manage their emotions](#) and [Supporting C&YP through bereavement](#).

[www.penthaligonsfriends.org.uk](http://www.penthaligonsfriends.org.uk)



## CORNWALL BEREAVEMENT NETWORK

[Support during Corona-virus booklet](#)

Cornwall  
Bereavement  
Network



The Wave Project has activity packs for families (being updated every week) and a helpful wellbeing guide.

[CLICK HERE](#)

## BF ADVENTURES

BF Adventures are continuing to offer their Holiday Activity Days as normal during the pandemic and offering additional days to support local families / key workers

[CLICK HERE](#)

# Kooth.com

## Online support for young people

We would like to remind you of the availability of our online service to support the **wellbeing** and **resilience** of your students.

Kooth is a web based confidential support service available to young people. Kooth provides a safe and secure means of accessing mental health and wellbeing support designed specifically for young people.

Kooth offers young people the opportunity to have a text-based conversation with a qualified counsellor. Counsellors are available from 12noon to 10pm on weekdays and 6pm to 10 pm at weekends, every day of the year on a drop-in basis. Young people can access regular booked online counselling sessions as needed. Outside counselling hours' young people can message our team and get support by the next day.

When students register with Kooth they will have support available to them now and in the future. Support can be gained not only through counselling but articles, forums and discussion boards. All content is age appropriate, clinically approved and fully moderated.

**To find out more visit [kooth.com](https://www.kooth.com) where young people can register and others can find out more about the service.**

**kooth**





The Intercom Trust has been working hard to ensure that, during this time, there has been as little disruption to the services we deliver to young people across Cornwall as possible, and that we continue to be available to those that need to contact us.

In order to achieve this:

- Young people continue to be able to contact us via methods such as our LGBT+ Helpline, email, text and social media platforms - ensuring they are able to talk in confidence if they have any concerns, worries or issues.
- We are holding Zoom/Skype online meetings with individuals and our LGBT+ Practitioners, so that we can maintain ongoing direct support with our clients and any new referrals we receive.
- We are organising online LGBT+ Youth Groups and School LGBT+ Lunchtime Group meetings to help young people engage with other young people during this time of lockdown and social distancing. These meetings are being facilitated by youth workers.
- We are organising projects and creative sessions with the young people we support, to help them keep focused and to provide them with a creative output for their feelings.
- We are maintaining a high social media presence across all our platforms, sharing information and messages in a way that is clear to the young people that follow us.
- We are promoting tips via social media, and have created a downloadable support resource on our website, to help young people maintain good mental health, wellbeing and improved resilience during this difficult time

Helpline: 0800 612 3010

[www.intercomtrust.org.uk](http://www.intercomtrust.org.uk)

[helpline@intercomtrust.org.uk](mailto:helpline@intercomtrust.org.uk)



YOUNG PEOPLE CORNWALL

[www.your-way.org.uk](http://www.your-way.org.uk) including online

Chat Support for young people 09.00am to 09.00pm 7 days a week.