

Wellbeing Resources & Support for Students

Ask Sam - ChildLine Questions

Has someone else had the problem you are having? Can you get some advice from them? ChildLine's 'Ask Sam' service shares questions asked to ChildLine from children and young people on a range of issues. Maybe you can find the answer here <https://www.childline.org.uk/get-support/ask-sam/>

E-motion

E-motion offers free email counselling and instant message sessions – up to 12, weekly sessions. Online support works best if the young person is struggling with low mood and anxiety and the risk is relatively low. Issues such as complex trauma, chronic eating disorders are better suited to face-to-face support, to discuss referrals and explore level of risk. Young people can [self-refer](#) easily by going to the website.

E-wellbeing

[e-wellbeing](#) is a digital wellbeing service for young people, run by YMCA DownsLink Group. Their aim is for all young people to be able to access the right support and information around their emotional health and wellbeing, in the right place, at a time that is right for them.

Please click on the link above to access their website, it's for young people who live in Sussex (including Brighton & Hove) but their tips and resources are accessible to everyone.

We understand that accessing support around your mental health can be confusing and complicated sometimes. They're here to help you understand a bit more about how to be mentally healthy and how to connect to support across Sussex.

And if you'd like to get in touch about anything else, you can email them here e-wellbeing@ymcadlg.org

Sensing Friends

[Sensing Friends Online Counselling](#) for Young People provides free online counselling to young people in Sussex. We can accept referrals from young people who experience any of the following:

- Experienced trauma which is impacting their mental health
- Have emotional needs that impact how they interact with the world around them and others
- Have any kind of physical sensory need such as visual/ hearing impairment
- Have any kind of neurological condition such as being on the Autistic Spectrum.

Find out more here <https://sensingfriends.org/counselling/>

YoungMinds Crisis Messenger

The YoungMinds Crisis Messenger text service provides free, 24/7 crisis support across the UK. If you are experiencing a mental health crisis and need support, you can text YM to 85258. Please see their website [here](#) for more information.

NSPCC reporting abuse in education helpline

Facing unwanted sexual behaviour or harassment whilst at King's Academy Ringmer is never ok. You don't have to face it alone. Talk to an adult you trust. Or, for advice and support, call the dedicated NSPCC helpline on 0800 136 663. It's free and you don't have to say who you are. You can also email help@NSPCC.org.uk or complete our report abuse [online form](#). More information can be found here <https://www.nspcc.org.uk/keeping-children-safe/reporting-abuse/nspcc-helpline/>

Beat Eating Disorders

Our [national Helpline](#) exists to encourage and empower people to get help quickly, because we know the sooner someone starts treatment, the greater their chance of recovery. People can contact us online or by phone. We listen to them, help them to understand the illness, and support them to take positive steps towards recovery. We also support family and friends, equipping them with essential skills and advice, so they can help their loved ones recover whilst also looking after their own mental health. Find out more www.beateatingdisorders.org.uk

Calm Harm

Calm Harm is a free app that helps you manage or resist the urge to self-harm calmharm.co.uk.

The Teen Sleep Hub

Getting the support you need to achieve a good night's sleep. See [https://teensleephub.org.uk/ Useful tips](https://teensleephub.org.uk/Useful-tips) to help you sleep better.

Hope Again

[Hope Again](#) is the youth website of Cruse Bereavement Support. It is a safe place where you can learn from other young people, how to cope with grief, and feel less alone. Here you will find information about our services, a listening ear from other young people and advice for any young person dealing with the loss of a loved one. Hope Again provides somewhere to turn to when someone dies. <https://www.hopeagain.org.uk/>

Winston's Wish

Winston's Wish provides free digital bereavement information and support for children and young people across the UK who are grieving the death of someone important to them <https://winstonswish.org/supporting-you/grief-support-young-people/>

The Seahorse Project

[The Seahorse Project](#) offer short-term bereavement-focused counselling support to any bereaved child in our catchment area (Seaford, Hailsham, Uckfield, Heathfield, Pevensey and Eastbourne). When someone who is important to us dies, it can leave an empty space in our lives and it is natural to experience strong or mixed feelings. It can sometimes impact on our concentration when we are trying to study, affect our sleep, change the relationships we have with others and cause feelings that might be new to us [Self-refer](#)

Allsorts Youth Project

[Allsorts Youth Project](https://www.allsortsyouth.org.uk/youth-services) listens to, connects & supports children & young people under 26 who are lesbian, gay, bisexual, trans or exploring their sexual orientation and/or gender identity (LGBT+) and their families. Check out their resources here <https://www.allsortsyouth.org.uk/youth-services>

Papyrus

Suicide Prevention Charity & Hopeline UK Helpline available to all those under 35 experiencing suicidal thoughts <https://www.papyrus-uk.org/> <https://www.sussexpartnership.nhs.uk/irock>

i-Rock

i-Rock can offer advice and support on emotional and mental wellbeing, jobs, education and housing for 14 - 25yr olds <https://www.irocksussex.com/>

Hideout

A web resource for children themselves. Women's Aid have created this space to help children understand domestic abuse and how to take positive action <https://thehideout.org.uk/children/home/>

Mind Out

We work to improve the mental health and wellbeing of LGBTQ communities and to make mental health a community concern <https://mindout.org.uk/>