

Student support information

Action for Children (Kernow Connect)

<https://www.actionforchildren.org.uk/how-we-can-help/our-local-services/find-our-services-near-you/kernow-connect/>

Online CBT support (Silver cloud)

Low level emotional support, low self-esteem/confidence. (1-1 Youth Work)

Well-being practitioner. Students who do not meet CAMHS threshold.

Young People Cornwall

www.youngpeoplecornwall.org

Head Start

The project consists of Youth Facilitators that offer 1-1 intervention with young people and Community Facilitators that help young people access what is available for them in the wider community and offer support to parents if necessary.

Well-being practitioners 1-1 CBT work. Low risk anxiety, low mood and obsessive behaviours.

Young Minds

www.youngminds.org.

Online support for students, parents and friends who are suffering from a mental health issue or who require help to support someone who is suffering from a mental health issue.

NHS

<https://www.nhs.uk/every-mind-matters/supporting-others/>

For any mental health concerns you may wish to call the **24/7 NHS mental health response line** for support and advice. **Call them free on 0800 038 5300, any time day or night** if you are worried about your own or someone else's mental health. The team behind the 24/7 open access telephone response line will listen to you and determine how best to help.

CAMHS

012090204000

Children and Adolescent Mental Health Services.

Moderate to high level mental health issues.

Early Help Hub

01872 322277

Targeted Youth Work, Family Support, School Nurse, ASD assessment, CAMHS.

CLEAR

www.clearsupport.net

Emotional and Trauma support therapy.

Firstlight

www.firstlight.org.uk

Sexual and Domestic abuse support.

Penhaligon's Friends

<https://penhaligonsfriends.org.uk> 01209 210624

Bereavement Support.

KOOTH

<https://www.kooth.com>

Online mental well-being support.

Alumina (Self-Harm)

www.selfharm.co.uk/

Online self-harm support.

Papyrus (Prevention of Young suicide)

<https://www.papyrus-uk.org/>

We are With You (Drug and Alcohol Support)

<https://www.wearewithyou.org.uk/services/cornwall-truro/>

YAY (LGBTQ support) www.lgbtqyouthcornwall.co.uk/

Childline

<https://www.childline.org.uk/> 08001111

