

# 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](http://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](http://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](http://www.clearsupport.net)

Emotional and Trauma support therapy.

## **Firstlight**

[www.firstlight.org.uk](http://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/](http://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/](http://www.lgbtqyouthcornwall.co.uk/)

## **Childline**

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