

<https://www.kooth.com/>



Kooth Online Counselling & Mental Health Service for 10 – 16 year olds in Glasgow City.

We are delighted to inform you that Glasgow Health and Social Care Partnership has commissioned the online wellbeing service Kooth, a service delivered by Kooth PLC. Kooth is an integral component of Glasgow City's mental health provision offering a digital counselling and emotional well-being service for young people. 1 in 5 children and young people suffer from mental health illness in any given year. At Kooth, we believe every young person has the right to thrive and to access high quality mental health care.

We offer a free, safe and anonymous online Mental Wellbeing Community for young people 10-16 across Glasgow city. Kooth is available through smart phone, tablet or computer and features activities, self-help articles, discussion boards and a team of accredited counsellors and emotional wellbeing practitioners who provide guided and outcome-focused support for each individual.

Kooth has no referrals, thresholds or waiting lists. Young people can access this service anonymously by signing onto the Kooth site. Kooth provides unique out of office hours' provision and is open 7 days per week, 365 days a year. Kooth provides added value with moderated, scheduled forums and self-help articles to provide peer led and self-help support.

Kooth helps to reduce waiting times for young people seeking help, removes stigma around mental health and accessing services. Kooth integrates with face-to-face local services to ensure a seamless transition for young people.

Did you know that Action for Children have a Counsellor in your school?

Our counsellors are able to help you work through a wide range of issues such as:

- Anxieties
- Interpersonal / Relationship
- Anger Issues
- Self & Identity
- Bereavement
- Self Esteem
- Bullying
- Self Harm
- Depression
- Social Media Bullying
- Eating Disorders
- Trauma / Abuse
- Family Issues
- Work / Academic
- Health

Scan QR Code below to request a referral to our Counselling Service



Useful websites:

The Young Minds website has some fantastic resources to help both young people and also families support positive mental health. <https://www.youngminds.org.uk/>

On the website there is an A-Z guide for parents in supporting their child's mental health - this can be accessed via the link: <https://www.youngminds.org.uk/parent/a-z-guide/>

There is also a parents information phone number as well as a live webchat that families can access if they wish support or advice and signposting towards support services. <https://www.youngminds.org.uk/parent/parents-helpline-and-webchat/>

Childline: Advice for children and young people to help keep safe online and to know what to do when things go wrong. www.childline.org.uk Telephone: 0800 11 11

Thinkuknow: A website featuring films, learning activity and information to help young people keep themselves safe from sexual abuse and exploitation www.thinkuknow.co.uk

UK Safer Internet Centre: Online safety tips, advice and resources to help children and young people stay safe online. www.saferinternet.org.uk

CEOP – Child Exploitation and Online Protection: A safe and secure place to report if you have been a victim of sexual online abuse or you're worried this is happening to someone you know. Many sites have the report to CEOP button. www.ceop.police.uk

Should a pupil have a concern out with school hours, they can contact their Pastoral Care teacher or a partner using the QR codes on previous page. Staff will then see the young person when they are available in school.

If your concern is urgent, and you are not in school, please contact **Health and Social Care Connect** by phoning **0141 287 0555** if this is during the hours of 9am and 5pm. Out with office hours you can phone **Glasgow and Partners Emergency Social Work Services** on **0300 343 1505**. You can also phone Scottish Police non-emergency on **101**.

Drumchapel High School

Child Protection



Your Child Protection Co-ordinator is:
Mr Ross McClement



Depute Head Teacher
rmcclement@drumchapelhigh.glasgow.sch.uk
Please contact Mr McClement if you have any concerns about any young people in Drumchapel High School.

Ms Madelaine Baker – Headteacher
is also available to help with any
Child Protection concern.



CHILD PROTECTION

Child protection means to protect **all** young people from harm. It is the responsibility of every adult to do all we can to ensure the safety of our pupils in Drumchapel High School.

Things which may cause you concern:

You may have concern because of:

- A specific incident you see or hear about.
- A disclosure made by a young person or parent / carer.
- Information from a third party.
- Adult behaviour / circumstances that may place a young person at risk of harm.
- A young person's behaviour / circumstance that may place the young person at risk of harm.
- A variety of minor concerns which put together give rise to concern.

What to do if you have a concern about a young person:

- Consider the wellbeing and safety of the young person – listen and reassure them.
- Be calm, don't panic.
- Act on your concerns – don't ignore them.
- Do not agree to keep it a secret.
- Do not interrogate – note what you observe, what you hear, what you have been told.
- Be specific regarding your concerns when passing this to the Child Protection Coordinator.
- Do not worry about the seriousness of your concern – remember something minor that you report may form part of a bigger picture about the young person.
- Do not share this information with anyone else other than the Child Protection Coordinator – this helps to respect the young person's privacy.

No matter how small, pass your concerns on to our Child Protection Officer, Mr Ross McClement. In his absence, please speak with Ms Madelaine Baker.

The rest of the leaflet will provide you with support for young people. Young people can also request support below from their Pastoral Care Teacher and Partners.

<https://www.samh.org.uk/>



We all know what to do when we have a cold or break a bone, but just like our physical health, our mental health can become unwell too, and it's often hard to know where to turn.

Mental health problems are very common. In fact, by the time they're 16, three children in every classroom will have experienced a mental health problem.

If you're at all concerned about your mental health, or the mental health of a friend or family member, it's really important to seek help. Sometimes this can be as simple as discussing it with a friend or trusted adult, but sometimes professional help is needed. Making an appointment with your GP is a good place to start. We've got some useful guidance on attending that first appointment.

The following resources might help you with how you're feeling. If you are a parent or guardian seeking more information on supporting a young person with their mental health, please see our parents and carer's page.



The Youth Health Service is a confidential health and wellbeing service available to young people aged 12-19 years. The service operates in evenings at locations throughout Glasgow City and is open to any young person with a Glasgow postcode or registered with a Glasgow GP practice.

We can offer:

- Appointments with the Nurse or Doctor
- Mental health support
- Support with risky behaviours. E.g. alcohol, drugs, antisocial behaviour
- Sexual health support
- Healthy weight programme (Weigh to Go for 12-18 years)

For more information or to make a referral, please call us on: 0141 451 2727

Referrals can be made by young people, parents, carers, healthcare professionals, social work services, third sector organisations, education staff and GPs within Glasgow City HSCP.

Tuesday
18:00 - 21:00

Drumchapel Health Centre
80-90 Kinfauns Drive
Glasgow
G15 7TS

Shout is the UK's first and only 24/7 text service for anyone in crisis. Get free, confidential mental health support anytime, anywhere.

