

While schools are closed, we know that you might not be able to speak to a teacher or another important adult at school that you might usually check-in with. This might be your pupil support teacher, your form tutor or your class teacher. If you feel like you would like to check in with someone, you can use Mind of My Own to alert us. A teacher from our virtual pupil support team will get back to you.

You can use Mind of My Own on a device, PC or Mac: www.mindofmyown.org.uk or download 'Mind of My Own' app to a device.

- First time access: Login/Register (top right hand corner of PC screen)
- Choose 'Young Person' and follow the instructions of the screen. An email address is needed, you can use your glow email address if you don't have another one. You will also need to create a password.
- 'Where do you live?' Type Stirling.
- On the next screen, scroll down the list of organisations until you find 'Stirling Council'. It's near the bottom. Select 'Stirling Council'

Then choose **One App**

On the next screen, there are lots of pictures. Look for this one, it's near the bottom:



Tap or click on '**My Wellbeing**'. In this section, you can share lots of information about how you are feeling by tapping/clicking on the images. However, if you simply want to alert us that you would like to speak to someone by phone or by email about how you are feeling, you do not have to fill in any of these sections.

In the last section headed '**if I could tell an adult one thing**', please let us know why you would like to make contact with someone. This could be something like 'I am worried because my gran isn't well' or 'I am feeling lonely' for example. Then let us know how we can contact you: phone call or email. You should type your phone number and/or email address in this box too.

Once you have given as much information as you want, you will have the option to send your statement (this is how we refer to the information you have shared) to either an email address or a worker. Please **do not** type an email address, please choose '**My Children's Rights Worker**' from the dropdown list. Click or tap on 'send'

A teacher from our virtual pupil support team will phone or email you back. We'll try to do this as quickly as we can but it might not be immediately. If you need to speak to someone **urgently**, call Childline on 0800 1111