

Year 11 – Next Steps

A guide to support available

The end of Year 11 is a pivotal time in a young person's life. Whilst this term has not turned out the way we all expected it to, the same breadth of opportunities awaits you. Whether you are going to Sixth Form, going on to College or starting an Apprenticeship, the next chapter in your life will be hugely important.

As a school, we are incredibly proud of how you have adapted to the unprecedented situation we all found ourselves in. This period, however, has lasted little more than a term and we hope you have enjoyed your time at school over the past five years. Being at school is not solely about achieving your GCSEs; it is about learning to become articulate, responsible, and confident individuals ready to take on the world. We have sought to nurture these key attributes in you by delivering an Education with Character and, as you embark on the next stage of your life, we hope you will use and build on the key skills you have developed so that can take full advantage of every opportunity that presents itself.

Please do not hesitate to get in touch with us if you need any advice or support. We have also set out a list of some fantastic organisations offering guidance and help to young people.

We wish you all the very best for this summer and beyond.

Reason	Company	What they do	How to contact them
Physical and Mental Health	Samaritans Self Help App	Keep track of how you are feeling, and get recommendations for things you can do to help yourself cope, feel better and stay safe in a crisis	<p>Link to launch the app: https://www.samaritans.org/how-we-can-help/contact-samaritan/self-help/</p> <p>Call free, any time, from any phone, on 116 123</p> <p>Email: jo@samaritans.org (Response time 24 hours) Write: Chris Freepost RSRB-KKBY-CYJK PO Box 9090 STIRLING FK8 2SA</p>

	One Space	<p>They offer direct access to the organisations' combined resources for young people aged 13 to 25 from one webpage.</p> <p>They also give one-click access to immediate one-to-one support by phone and text, webchat, and peer support.</p> <p>It is supported by a 24/7 crisis text support service, available for free by texting OneSpace to 85258.</p>	<p>Website: https://onespaceto.org/</p> <p>I want to have a text conversation now: Text One Space to 85258</p>
	Eating Disorders Support Services	Use your postcode to find local services	<p>Website: https://www.nhs.uk/service-search/other-services/Eating%20disorder%20support/LocationSearch/341</p>
	BEAT Eating Disorders	<p>Helplines</p> <p>Online Support Groups,</p> <p>Message Boards</p> <p>One to One Webchat</p> <p>Help finder</p> <p>Echo Peer Coaching</p>	<p>Website: https://www.beateatingdisorders.org.uk/coronavirus</p> <p>Helpline: 0808 801 0677</p> <p>Studentline: 0808 801 0811</p> <p>Youthline: 0808 801 0711</p> <p>365 days a year from 12pm–8pm during the week, and 4pm–8pm on weekends and bank holidays.</p> <p>One-to-One Web Chat: https://www.beateatingdisorders.org.uk/support-services/helplines/one-to-one</p>

Somebody has died	Child Bereavement UK	Confidential information and support line	Telephone: 0800 02 888 40 Website: www.childbereavementuk.org
	Cruse Bereavement Care	Hope Again: A special feature of this site is a message board where young people can share their experiences and receive replies from trained young supporters.	Freephone National Helpline: 0808 808 1766 Website: www.cruse.org.uk Hope Again Website for young people: www.hopeagain.org.uk
	Winston's Wish	A website with activities for children and young people and facility to ask questions of a trained clinician. They also have a Family line.	Family Line Telephone: 08088 020 021 Website: www.winstonswish.org.uk
Need to speak to someone	Shout	Free, confidential support, 24/7 via text. It is the first free 24/7 texting service in the UK for anyone in crisis anytime, anywhere. Shout is available in England, Scotland, Wales and Northern Ireland	Text SHOUT to 85258 in the UK to text with a trained Crisis Volunteer.
	Childline	Provides a helpline for any child with a problem	Telephone: 0800 1111 any time for free Have an online chat with a counsellor https://www.childline.org.uk/get-support/1-2-1-counsellor-chat/ Check out the message boards: https://www.childline.org.uk/get-support/message-boards/

	The Mix	Free confidential helpline and online service that aims to find young people the best help, whatever the problem.	Website: https://www.themix.org.uk/ Telephone: 0808 808 4994 for free – lines are open from 11am to 11pm every day Access the online community Link to email: https://www.themix.org.uk/get-support/speak-to-our-team/email-us
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What to do with my time?

The coronavirus (COVID19) outbreak is going to have an impact on everyone's daily lives. During this time, you may be bored, frustrated or lonely. You may also feel low, worried, anxious, or be concerned about your health or that of those close to you. Everyone reacts differently to events and changes. The way that we think, feel, and behave vary between different people and over time. It is important that you take care of your mind as well as your body and get further support if you need it.

A few tips:

KEEP IN CONTACT

Think about how you can stay in touch with friends and family.

TALK ABOUT YOUR WORRIES

It is quite common to feel worries, scared or helpless about the current situation.

HELP AND SUPPORT OTHERS

It can make you feel better too.

SLEEP

Good-quality sleep makes a big difference to how you feel mentally and physically.

PHYSICAL WELLBEING

Try to eat healthy, well-balanced meals.
Drink enough water and get some exercise.

DAILY ROUTINE

Make sure you have one. Do things you enjoy, set goals and keep your mind active.

RELAX

Take time away from social media and focus on the present