

Dear Davison Family,

The past few months have certainly been an 'unprecedented' and challenging time for us all. We appreciate everyone's experiences have been different and acknowledge for some, it has been a particularly difficult time.

As we are not going to be open this Half Term we have provided a guide to support available through Davison and other external services.

Do you know where and how to access support?

'I am in crisis and need urgent support'

In an Emergency: call 999

- **Childline** 0800 1111
Childline Support online: <https://www.childline.org.uk/toolbox/childline-helper/>
- **Samaritans** 116123 call or text 24/7
- **Chat Health text School Nurse** on 07480 635424
- **YoungMinds Crisis Messenger** text service provides free, 24/7 crisis support across the UK. If you are experiencing a mental health crisis and need support, you can text YM to 85258

'I am feeling generally worried and really low'

- **Find it Out Centre/Youth Emotional Support (YES)**
Emotional support, information, advice and guidance. Call 07841 867340
- **The Mix:** The Mix is a charity that provides free information and support for under 25s. <https://www.themix.org.uk/get-support/speak-to-our-team>
- **FROG 'My Wellbeing':**
We have created a Davison '**My Wellbeing**' site on Frog. This can be accessed by following this link: <https://frog.davisonhigh.school>
- **INSTAGRAM Wellbeing:**

For support, inspiration and motivation follow Davison Wellbeing on Instagram. Search for: **wellbeing_davison**

'Something online/phone is making me worried or concerned'

- **THINK U KNOW** https://www.thinkuknow.co.uk/14_plus/help/
- **Net Aware** <https://www.net-aware.org.uk/>

- If you need to report something contact **CEOP**: <https://www.ceop.police.uk/ceop-reporting/>
- NSPCC <https://www.nspcc.org.uk/keeping-children-safe/online-safety/>

'I'm worried about Coronavirus/COVID19'

- THE MIX: <https://www.themix.org.uk/mental-health/anxiety-ocd-and-phobias/how-to-deal-with-corona-anxiety-35761.html>
- NHS <https://www.nhs.uk/conditions/coronavirus-covid-19/>
- Young Minds: <https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/>

'I'm worried about my child (non-emergency)'

- **Young Minds: Parents Helpline: 0808 802 5544** (Monday to Friday 9.30am – 4pm, free for mobiles and landlines)
- **Find it Out Centre/West Sussex Early Help Team:**
Contact for support, information, advice and guidance. Call 07841 867340
- **Contact Davison Child Protection Team email: CPT@davisonhigh.school**

Other Support:

LGBTQ Support:

- **Allsorts:** 01273 721211 **Facebook:** allsortsyouthproject

Staying Safe:

- **Stay Alive App: download on phone to** keep yourself safe for now

Remember:

You can email your **Lead Tutor** if you are worried or feeling like you need some help.

Or, you can email the Child Protection Team on CPT@davisonhigh.school

Lead Tutors:

Blue Family: Miss Dean s.dean@davisonhigh.school

Gold Family: Mrs Green j.green@davisonhigh.school

Green Family: Mr Clayton a.clayton@davisonhigh.school

Orange Family: Miss Churchill e.churchill@davisonhigh.school

Pink Family: Mr Shaw r.shaw@davisonhigh.school

Purple Family: Mrs Di Paola m.dipaola@davisonhigh.school

Red Family: Mrs Fisher l.fisher@davisonhigh.school

Silver Family: Miss Baker d.baker@davisonhigh.school

White Family: Miss Meers k.meers@davisonhigh.school

Yellow Family: Mrs Anstey j.anstey@davisonhigh.school

Good News!

Wellbeing Lead

Mrs Jameson has recently joined Davison as the Wellbeing Lead. She will be here to support student and staff wellbeing. If you would like support with your Wellbeing, please contact cpt@davisonhigh.school

School Counsellor

Our School Counsellor is offering Video based counselling sessions. Please **email your Lead Tutor** for more information.

We hope you and your families keep safe and well and have a peaceful half term break.

Ms Di Paola & The Davison Safeguarding Team