



The Ferrers School



Health & Wellbeing Support Menu

During this difficult time if some of the services you access are not visiting us then you can always pick from this list below if you need to talk to someone. Remember there is always someone or something that can help.

You can also email worried@theferrers.org and someone from the safeguarding team will help you

Service	Information/Support Offered	Contact details
CAMHS Live	Support with feelings of Depression, Anxiety, Self-harming, Suicidal thoughts, Stressed	www.nhft.nhs.uk/camhslive
Young Minds	Crisis Messenger	text YM to 85258
Ask Norman	Young person one stop shop for advice and support	https://www.asknormen.co.uk/
Childline	Online, on the phone help about all areas of concern. Web site is full of useful information	0800 1111 www.childline.org.uk
Service 6	self-refer for counselling or self-help around self-harm, sexuality, anger management, bullying and Online Safety	www.servicesix.co.uk 01933 277520/ 01933 273746
Sexual Health	Emergency contraception, STI's, Advice	School Nurse text 07507 329 600 (8am - 4:30pm Monday - Friday all year round)

VOICE	victim of theft, robbery, attacks, abuse, violence, harassment, or stalking?	0300 3031965
CIRV	In a Gang and want out? Know someone else who needs help getting out of gang related activity?	call 24/7 on 07539183975
NGAGE/ Aquarius	Need help with Drug & Alcohol abuse? NGAGE with Aquarius is an early intervention drug and alcohol service for young people aged 10-18 in Northamptonshire.	ypnorthamptonshire@aquarius.org.uk 01604 633 848
STEM	Supporting teenage mental health	www.stem4.org.uk
NHS	For your mind, for your body – support for all areas	www.nhs.uk
Rushden Mind	Support at the Crisis Café	www.rushdenmind.org.uk/crisis-cafe/

Apps to download for self-help.

App	Helps you with	image
Calm Harm (part of STEM)	help you to resist or manage the urge to self-harm and can help to reduce anxiety.	
Clear Fear (part of STEM)	Clear Fear is a free app to help children and young people manage the symptoms of anxiety.	
Combined Minds (part of STEM)	Combined Minds is a free app to help families and friends provide mental health support.	

What's Up	Use the positive and negative habit tracker to maintain your good habits	
Mind Shift	Mind Shift stresses the importance of changing how you think about anxiety. Think of this app as the cheerleader in your pocket, encouraging you to take charge of your life, ride out intense emotions, and face challenging situations.	
Happify	The Happify app is your fast-track to a good mood. Try various engaging games, activity suggestions, gratitude prompts and more to train your brain as if it were a muscle, to overcome negative thoughts.	

Local Foodbanks

East Northants Community Services	60 High Street South Rushden NN10 0QX 01933 733001	Open every Tuesday and Thursday morning 9-12
St Peters Enterprise Centre	19 High Street Raunds NN9 6HS 01933 730160	Open every Thursday 9-12