



THE WELLBEING DIRECTORY



WELCOME

Welcome, students! Your well-being is essential for your success and happiness. The community of Cardinal Pole is here to help you look after yourself no matter the issue you might be facing.

We all encounter challenging times, but it's crucial not to overlook them. You're not alone – we are here for you.



This Wellbeing Directory is designed to provide you with resources and support to navigate through the challenges of school life. In this section, you can find links to valuable websites and materials which are aimed to support you and your wellbeing.



Anna Freud Centre

Child mental health research, training and treatment centre.



Childline

Charity providing support to children and young people around the country.



The Mix

The Mix Essential support for under 25s The Mix offers essential support to young people, from mental health to money, from homelessness to finding a job, from break-ups to drugs.



Kooth

Online mental wellbeing community providing free, safe and anonymous support.



Cool Down Cafe

Provide a wider range of well-being support to Hackney young people.



Samaritans Charity

Samaritans work to make sure there's always someone there for anyone who needs someone. Free helpline phone: 116 123.





Shout (charity)

Free 24/7 text messaging service for students and adults.

**Text
SHOUT
to
85258**

shout
85258 here for
you 24/7

YoungMinds Charity

A charity fighting for children and young people's mental health. Their aim is to see a world where no young person feels alone with their mental health.





CAMHS

Child and adolescent Mental health services.

CAMHS
Child and Adolescent
Mental Health Service

Family Action

Family Action transforms lives by providing practical, emotional and financial support to those who are experiencing poverty, disadvantage and social isolation across the country.



Think Ninja App

An app for supporting wellbeing for students between the ages of 10-18 years old.



<https://www.cardinalpole.co.uk/>



enquiries@cardinalpole.co.uk



020 89855150