



## Local Chat Helplines

We encourage our students who may find it difficult to talk to someone they know about a mental health concern, to contact a local anonymous, safe, confidential, 1-2-1, support service for young people. The advantage of speaking to a local provision is that if a young person needs to be referred for Mental Health support, YMM and TIC+ will refer to the most suitable Professional Care locally in Gloucestershire.

### YMMChat

Young Minds Matter Gloucestershire (YMM) is the Mental Health Support Team working in partnership with Barnwood Park School to provide mental health support for our student population. YMM are piloting a new intervention at Barnwood Park called "YMM Chat". Students can text the number 07480 635723 and will receive a reply from one of the Mental Health Support Team offering free confidential support and advice. More information about YMM Chat can be found [here](#).



TEXT FOR SUPPORT  
**07480 635723**

It's okay to not be okay. YMM Chat is here for you. Message now for advice and support. We offer free and confidential support and advice for young people needing mental health support.



### The Mental Health Support Team are:

- building on support already in place in school from the Student Mentors, Trauma Informed Schools Practitioner, Counsellors, school nurse and other voluntary organisations;
- supporting students in school with mild to moderate mental health issues;
- helping students with more severe needs to access the right support, and provide a link to specialist NHS services e.g. CAMHS

### There are four areas of work:

1. Universal (Whole School Approach) e.g. school assemblies, developing the skills of peer listeners, delivering workshops;
2. Targeted (Mild Mental Health Concerns) e.g. targeted group work for students such as in resilience, parent support groups, 1:1 Mental Health support;

3. Specialist (Moderate to Severe Mental Health Concerns) e.g. Mental Health assessment of students for specialist support;
4. Support for staff e.g. staff wellbeing sessions, training staff in Mental Health First Aid.

### **Information about consent for parents:**

Barnwood Park School is required to publish important information concerning parental consent for students referred to Young Minds Matters Gloucestershire, the school counsellor, TIC+ and CAMHS. Parents are asked to read the information by clicking on the link below. Please contact the school if you require further information outlined in the letter.

[http://barnwoodpark.ovw9.devwebsite.co.uk/\\_site/data/files/parents/mental\\_health/70CB1CBE4D92A88CEF781B915BBEF9BC.pdf](http://barnwoodpark.ovw9.devwebsite.co.uk/_site/data/files/parents/mental_health/70CB1CBE4D92A88CEF781B915BBEF9BC.pdf)

## **TIC+ Chat**



[TIC+ Counselling services in Gloucestershire](#)

## **National Chat Helplines**

### **Kooth**

Kooth is the UK's leading Mental Health and Wellbeing platform for young people aged from 11 years to 25 years. Kooth operates as an anonymous service and is easy to access.

Everything is age appropriate for the young person when they sign up. Everything that is posted to the site must be approved by a Kooth team member first, eliminating on-line abuse.

There are Friendly counsellors available on-line daily usually 12.00 to 10.00pm at night however with Covid-19 times may now vary.



There is a plethora of articles and peer advice including a community support where you can use an age-related chat platform.

Real Time Forums on the page give the young person an opportunity to read comments from other users having similar issues or difficulties and comment back if they feel the need to. Examples of Forum topics include “Exam Stress”, “My Parents are fighting”, “Break ups”, “Life Difficulties”.

There is also many self-help tools on the site to read through, including a Goal sheet which helps the young person focus and achieve their goals, a journal entry private to only the young person again a great way to write down thoughts, write some poetry or song lyrics.

[Kooth](#) is BACP accredited and all the online team at Kooth are qualified counsellors or emotional wellbeing practitioners.



**Your online mental  
wellbeing community**