



KINGSBURY HIGH SCHOOL

Mental Health Bulletin

Dear Students,

I hope you enjoyed your Easter holidays. We will now return to 'home learning', we want to help students who are struggling to learn or revise at home. It could be that you feel that some topics are incomplete; it could be stress because everything is much unorganised and not like a normal school day.

Here are some tips to help you with home learning.

1. Take Breaks (Ensure you take regular breaks and have something to eat. Keep a water bottle next to you to keep hydrated)
2. Organise your revision, exercise, etc with the 'Adapt' app. This app helps you organise your day and also helps you choose what courses you might want to take, it gives you daily reminders and notifications on which homework to complete and what to revise that day- Available on IOS and Android- Find out more at <https://getadapt.co.uk>

Kooth.com (provided by XenZone)

This is a free online counselling and emotional well-being service for young people in Brent.

Kooth is:

- Safe, confidential, anonymous
- Free at the point of need
- Available through a smartphone, tablet or computer with a good internet connection

Features:

- Confidential, 1-2-1 instant messaging with Kooth's team of qualified counsellors.
- Open 7 days per week, 365 days a year, from noon until 10pm weekdays and from 6pm until 10pm on Saturday and Sundays.
- Young people can access this service anonymously by signing onto the Kooth site.
- Kooth Magazine (a hub full of creative pieces and personal experiences for peer to peer support)
- Kooth discussion forums to facilitate peer-led support and self-help articles (many written by service users).
- Counsellors, therapists and support workers provide guided, outcome-focused help for each individual.
- Kooth has no referrals or waiting lists.
- Kooth helps to remove the stigma around mental health and accessing services, integrating with face to face local services to ensure a seamless transition for young people.

Covid-19 Response

As schools across the country are now temporarily closed and young people are experiencing reduced access to face to face local services; I wished to highlight the support Kooth is able to provide at this difficult time. We will continue to provide online mental health and well-being support to young people via any internet accessible device.

Our Kooth Magazine will feature regular information and advice for young people around the current pandemic and how they can cope better with these new changes.

Kooth Video Links

Kooth Overview: <https://vimeo.com/318731977/a9f32c87de>

Kooth Magazine: <https://vimeo.com/318713156/5d247a02f9>

Kooth Discussion Boards: <https://vimeo.com/318713209/2e97e8b26f>

Kooth Goals: <https://vimeo.com/318713298/430fdcafcf>

Kooth Journal: <https://vimeo.com/318713381/d8ef865eea>

Kooth Messaging: <https://vimeo.com/318713436/7cd88e796e>

Kooth Chat: <https://vimeo.com/318713482/ffc121ba18>

Yours Sincerely,

Y10 Mental Health Peer Mentors