

Dear student,

You will be aware of the knife attack in Southport on 29th July, which resulted in the tragic death of 3 young children. You will also be aware of the violent disorder and riots around the country in recent weeks, which have been fuelled by underlying Islamophobic, racist, and anti-immigrant sentiments.

If you have been affected by these events, whether directly or indirectly, there is support available to help you. It is important to reach out for help if you need to, whether now or in the future. Please see the list below.

Runshaw College is committed to challenging hate and fostering a community where everyone belongs. We are proud of our diverse, inclusive and respectful college community that empowers all students to thrive and form lifelong friendships. Our individual characteristics, and cultural and religious backgrounds, make us unique and help to create a rich community. We will continue to promote equality of opportunity so that all students can thrive together, understanding that difference is a positive to celebrate. With all best wishes,

Andrea Neild (Assistant Principal – Student Experience & Support)

RUNSHAW'S STUDENT ASSISTANCE PROGRAMME

<https://www.runshaw.ac.uk/life-at-runshaw/safeguarding-wellbeing/runshaw-student-access-programme/> This is a suite of wellbeing services that offers advice and support across a range of areas including physical and mental health issues or financial difficulties. Download the App and register today to get access to: weekly mood tracker, four-week plans for wellness, mini health checks, health hub and goals, recipes, sleep support, fitness zone, meditation zone and much more.

KOOTH

www.kooth.com An online service, offering a live chat, providing help with anything that is on your mind.

SHOUT

www.giveushout.org Shout 85258 is a free, confidential, anonymous text support service. You can text from wherever you are in the UK. If you are struggling and need to talk, trained Shout Volunteers are available, day or night.

HOPELINEUK

If you are having thoughts of suicide or are concerned for a young person who might be, you can contact HOPELINEUK for confidential support and practical advice. Call: [0800 068 4141](tel:08000684141), Text: 07860039967, or email: pat@papyrus-uk.org

CHILDLINE

www.childline.org.uk A free, 24-hour confidential helpline for young people who need to talk. Call: 0800 1111.

YOUNG MINDS

www.youngminds.org.uk Offers information and advice for young people on mental health, wellbeing, and self-harm. Help for concerned parents of those under 25 is offered by phone: 0808 802 5544 (Mon –Fri 9.30am-4pm).

If you are experiencing a mental health crisis and need support, you can text YM to [85258](tel:85258).

THE MIX

www.themix.org.uk Provides non-judgmental support and information for young people under 25 on a wide range of matters including exam stress, debt, drugs and self-harm. Call: 0808 808 4994

Your GP

Contact your local surgery to request an appointment. We appreciate it can be daunting speaking to a medical professional about how you are feeling but this website can help you to prepare – www.docready.org. On here you can prepare a list of things you want to discuss and either screenshot the list or print it off.

distrACT

<https://papyrus.orchhealth.com/app/distract/30af055b-54aa-4705-8f47-b208a0138cfa> The distrACT app gives you easy, quick and discreet access to information and advice about [self-harm](#) and [suicidal thoughts](#). The content has been created by doctors and experts in self-harming and suicide prevention.

Clear Fear

<https://clearfear.stem4.org.uk/> This is a free app to help young people manage the symptoms of anxiety. Clear Fear uses cognitive behavioural therapy (CBT) to help change anxious thoughts and increase your motivation.

Worry Tree

<https://www.worry-tree.com/> This app aims to help you take control of worry, wherever you are. Worry Tree asks you to record whatever you're worrying about and then takes you through a few short steps to create an action plan.

In an extreme emergency, call 999 or go to the nearest A & E department or police station depending on the issue.