

Feeling Worried

We have all been through something HUGE over the last few months that no one has had to go through before. For some people it might have been a **hard time** and some people will be worried about **coming back to school**. If you would like to **talk to someone** about what you have been through or how you are feeling, then there is help available.

Talk to KOOTH

We know that this is a scary time, there is a lot of uncertainty, but Kooth has your back! Through Kooth you can access free, safe, anonymous, online wellbeing support. You can talk to a counsellor 365 days a year from the comfort of your own home via text (Monday to Friday our counsellors are available from 12:00noon - 10:00pm and on weekends 6:00pm-10:00pm). Alternatively, if you do not feel ready to talk to a counsellor, you can read and contribute to articles and forums on the website. We also have lots of factual information on Coronavirus, so check out www.Kooth.com today, we're here to help!



Other contacts you might want to use

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|  | <p>0800 1111 Childline.org.uk</p> |
|  | <p>116 123 Samaritans.org</p> |
|  | <p>WWW.KOOTH.COM</p> |
|  | <p>0808 800 5000 help@nspcc.org.uk</p> |
|  | <p>Grief Encounter 0808 802 0111 griefftalk@griefencounter.org.uk</p> |
|  | <p>Togetherall https://togetherall.com</p> |

If you have a social worker or are getting support from CAMHS then

please call the following numbers should you need them

Waltham Forest Social Care:

020 8496 2310

Waltham Forest CAMHS:

0300 555 1247

Remember ~

You do not have to suffer in silence, if you need help please contact somebody.