



## Lighthouse Messages July 2020 Part 2

Staff will not be regularly checking their emails during the summer break so the first three items contain signposting information for those who might need support during this time.

### Just 'B' Support Helpline

Feeling anxious about the Coronavirus outbreak?  
A new Community Support helpline is available to children, young people and adults across Harrogate District, Hambleton and Richmondshire.

8am - 8pm. Seven days a week.

**(01423) 856 799**

A service provided by 'Just B', part of Saint Michael's Hospice and Herriot Hospice Homecare. Calls are charged at local rates.



### BUZZ US

**BUZZ US** is a text messaging service run by **Compass BUZZ** for young people aged 11-18 who live in North Yorkshire

**Text a wellbeing worker on  
07520 631168**

if you are experiencing any of the following:



Compass BUZZ offers a confidential text messaging service to young people aged 11 - 18 across North Yorkshire. Compass BUZZ also put together a list of [wellbeing apps](#) which can be found in the student Health and Wellbeing drive.

In a mental health emergency call the crisis line on 0300 0200317 which is open 24 hours, 7 days a week.

### The Go-To

NHS North Yorkshire have launched a new website [The Go-To For healthy minds in North Yorkshire](#) - the home of wellbeing and mental health for young people in North Yorkshire. The website is there to help you find the right help and support, to help you stay well, whatever is going on in your life.

### It's about you!

As a school we want to support every student's return to school as best we can. We understand that everyone will have had a different experience during the pandemic and students and parents will have varying feelings about students returning to school full time in September.

Look out for a google form, which will be sent to all students as we approach September. This is a chance for you to tell school staff about your experiences and how you are feeling about returning, so that we can plan for your return. The health and wellbeing of our students is paramount - good mental health allows students to learn and be the best that they can be.