



Mental Health Support during school closure:

1. ThinkNinja: an app-based service, guided by a 'WiseNinja'.
More information can be found on their website:
<https://www.healios.org.uk/services/thinkninja1>
2. Kooth: online anonymous, confidential counselling and wellbeing support, open 365 days a year. Young people aged 10-18 years can sign up to this service online, selecting Place2Be from the drop down menu. Further information can be found on their website:
<https://www.kooth.com/>
3. Shout: a free 24-hour crisis text service. Place2Be schools and their students can text P2B to 85258. Additional information is available on their website: <https://www.giveusashout.org/>
4. Place2Be: Monday, Tuesday, Wednesday am only. Contact Alexia (School Project Manager) at alexia.gaitanou@place2be.org.uk