

Pastoral Support during Covid-19

How can we help?

Mental Health & Wellbeing

In these very unique circumstances some young people are struggling with their mental health and may need additional support. All of our students can email us for support at pastoralteam@cidari.co.uk and we will get back to you to support you in any way we can.

We would also like to recommend "Kooth" (it is commissioned by Lancashire CCG) and provides online mental health and wellbeing support, to young people aged 11 to 16 years, via any internet accessible device. Kooth offers an opportunity to interact in a supportive and safe way with other young people, as well as receive support from a qualified counsellor. The service is completely free, confidential and anonymous so young people are able to seek support without having to disclose any of their personal information.

www.kooth.com

In addition to this we would like to direct you to our YouTube channel, where you will be able to enjoy our "Friday Focus" videos; filmed by our Youth worker chaplain, Luke Askew. These short films are aimed at helping our young people think about different aspects of life each week and reflect on their surroundings and groundings. Take a look.

<https://www.youtube.com/channel/UCGuQ2Vwxcsy3fsLNjDZ2HXQ>

