

## Safeguarding during closure

If you have any concerns about your wellbeing or mental health during the closure period there are lots of places where you can access support.

- Often you just need to talk, being open about how you feel can make you feel better, as the saying goes 'a problem shared is a problem halved'.
- Try talking to your parents/carers, siblings or friends.
- If you want support from school you can contact your pastoral lead by email:

[batemanj@seahavenacademy.org.uk](mailto:batemanj@seahavenacademy.org.uk) - Year 7

[kennedym@seahavenacademy.org.uk](mailto:kennedym@seahavenacademy.org.uk) - Year 8

[broughtonl@seahavenacademy.org.uk](mailto:broughtonl@seahavenacademy.org.uk) - Year 9

[bosleya@seahavenacademy.org.uk](mailto:bosleya@seahavenacademy.org.uk) - Year 10

[thomasl@seahavenacademy.org.uk](mailto:thomasl@seahavenacademy.org.uk) - Year 11 & safeguarding for all year groups

If your concern is more a matter of safety rather than wellbeing then you can also contact the following staff:

[lewisj@seahavenacademy.org.uk](mailto:lewisj@seahavenacademy.org.uk)

[daviesj@seahavenacademy.org.uk](mailto:daviesj@seahavenacademy.org.uk)

[maceyc@seahavenacademy.org.uk](mailto:maceyc@seahavenacademy.org.uk)

The following websites may also be a useful source of support:

### **Allsorts** - all ages, countywide

Supports and empowers lesbian, gay, bisexual and trans young people. Offers groups and 1:1 support with friendly and knowledgeable LGBT youth workers.

### **Chat Health** - ages 11-19, countywide

Opening hours: Monday to Friday, 8.30am to 5pm

A confidential text-messaging service for people in education aged 11-19 years, offering advice and support about health related issues including social, emotional, mental and sexual health. Young people can text 07507 332473 and the team will aim to respond within 24 hours.

### **E-motion online counselling** - ages 12 to 18, countywide

Offers free online counselling to young people living in East Sussex on any issues related to mental health and wellbeing. Young people can self-refer to this service and speak to a trained counsellor at a time that suits them.

### **East Sussex Young Carers** - ages 5-18, countywide

Supports young carers responsible for caring for a family member with a long-term illness, disability, mental health or substance issues. The team offer a range of short-term interventions including signposting, 1:1 support and in-school support and workshops

<https://www.childline.org.uk/> all ages – nationwide

Website offers lots of advice, also provides phone and text chat