



## The Bishop Konstant Catholic Academy Trust

Learning Communities, Inspired by Faith

**Chair of the Trust:** Mr Charles Gillott  
**Chief Executive Officer:** Mrs Lesley Fitton  
The Bishop Konstant Catholic Academy Trust,  
The Zucchi Suite, Nostell Business Estate, Nostell,  
Wakefield, WF4 1AB

**Telephone:** 01924 802285  
**Email:** [admin@bkcat.co.uk](mailto:admin@bkcat.co.uk) **Website:** [www.bkcat.co.uk](http://www.bkcat.co.uk)

### Sources of Support for Wellbeing

- **Samaritans:** <https://www.samaritans.org/> or any time free from any phone 116 123 or email: [jo@samaritans.org](mailto:jo@samaritans.org)  
<https://www.samaritans.org/how-we-can-help/support-and-information/if-youre-having-difficult-time/if-youre-worried-about-your-mental-health-during-coronavirus-outbreak>
- **Young Minds:** <https://youngminds.org.uk/> or Parent Helpline 0808 802 5544 free for mobiles and landlines – Monday to Friday from 9.30am to 4.00pm for concerns relating to child / young person's mental health up to the age of 25.
- **The Papyrus Helpline:** if you are worried about someone and need to talk or find out how best to support them [www.papyrus-uk.org](http://www.papyrus-uk.org) Their work deals with suicide prevention call 0800 068 4141 or text 07860 039 967 or email: [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org)
- **Kooth:** free safe and anonymous support for 11-19 year olds online. [www.kooth.com](http://www.kooth.com)
- **Childline:** Resources and activities for children to manage emotions and promote positive mental health. Contact number 0800 11 11. [www.childline.org.uk](http://www.childline.org.uk)
- **CAMHS:** Children's Adolescent Mental Health Service - single point of access for advice and support. <https://www.southwestyorkshire.nhs.uk/services/camhs-wakefield/> or call 01977 735865 Monday- Friday anytime between 9:00am and 5:00pm. Or for urgent support that cannot wait until the next day, you can call 01977 735865 anytime between 9:00am and 8:00pm.
- **Children's Society** Self isolating and dealing with conflict at home: <https://www.childrenssociety.org.uk/>
- **SHOUT** text 'shout' to 85258 for 24/7 crisis text support.
- **Education Support school staff** can either email [support@edsupport.org.uk](mailto:support@edsupport.org.uk) or call 08000 562 561 for 24/7 help and advice.



## The Bishop Konstant Catholic Academy Trust

Learning Communities, Inspired by Faith

**Chair of the Trust:** Mr Charles Gillott  
**Chief Executive Officer:** Mrs Lesley Fitton  
The Bishop Konstant Catholic Academy Trust,  
The Zucchi Suite, Nostell Business Estate, Nostell,  
Wakefield, WF4 1AB

**Telephone:** 01924 802285  
**Email:** admin@bkcat.co.uk **Website:** www.bkcat.co.uk

- A new 24 hour mental health helpline has been launched, offering confidential help and advice, to anyone registered with a GP in Calderdale, Kirklees, Wakefield, Leeds and Barnsley.  
**Phone number: 0800 183 0558**

The new service will support people who are:

- At risk of developing mental health problems.
- Diagnosed common mental health problems.
- Known to mental health services.
- Experiencing mental health distress.
- Seeking information, advice and support.

The service will provide a listening ear, emotional support, advice and signposting to other local services for both individuals and their carers. The provider, NCHA will respond to urgent concerns and operate within a recovery model, ensuring callers' benefit from an effective intervention, in line with local mental health support pathways.

### **If you are worried about a family or individual**

- **Wakefield Children's Social Care:** 0345 8503503.
- **Leeds Children's Social Work Services:** 0113 222 4403 (Weekdays, 9am to 5pm, excluding Wednesdays when open from 10am), you don't need to give your name if you don't want to.

### **For up to date and accurate information about COVID-19**

- [www.gov.uk/coronavirus](http://www.gov.uk/coronavirus)
- <https://www.gov.uk/government/publications/closure-of-educational-settings-information-for-parents-and-carers>
- <https://www.gov.uk/government/publications/full-guidance-on-staying-at-home-and-away-from-others>
- <https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance>
- [www.nhs.uk/coronavirus](http://www.nhs.uk/coronavirus)
- <https://111.nhs.uk/>



## The Bishop Konstant Catholic Academy Trust

Learning Communities, Inspired by Faith

**Chair of the Trust:** Mr Charles Gillott  
**Chief Executive Officer:** Mrs Lesley Fitton  
The Bishop Konstant Catholic Academy Trust,  
The Zucchi Suite, Nostell Business Estate, Nostell,  
Wakefield, WF4 1AB

**Telephone:** 01924 802285  
**Email:** admin@bkcat.co.uk **Website:** www.bkcat.co.uk

### General health and wellbeing

- **Turning Point:** talking therapies online support <https://talking.turning-point.co.uk/wakefield/>
- **Mind:** <https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/>
- **NHS:** <https://www.nhs.uk/oneyou/every-mind-matters/>
- **MHFA England:** mind video reducing isolation when working from home <https://mhfaengland.org/my-whole-self/>

### Children additional support and advice

- **Save the Children:** Activities for children and advice for parents/carers <https://www.savethechildren.org.uk/what-we-do/coronavirus-information-advice>
- **NHS Children's Self Care Kit:** <https://www.mentallyhealthyschools.org.uk/media/2013/self-care-kit-covid-19.pdf>
- **Team Mental Health and EdStart Coaching 'Wellbeing Through Sport':** activities to do at home or at school <https://www.mentallyhealthyschools.org.uk/media/2025/coronavirus-anxiety-toolkit.pdf>





## The Bishop Konstant Catholic Academy Trust

Learning Communities, Inspired by Faith

**Chair of the Trust:** Mr Charles Gillott  
**Chief Executive Officer:** Mrs Lesley Fitton  
The Bishop Konstant Catholic Academy Trust,  
The Zucchi Suite, Nostell Business Estate, Nostell,  
Wakefield, WF4 1AB

**Telephone:** 01924 802285  
**Email:** admin@bkcat.co.uk **Website:** www.bkcat.co.uk

### Parents/Carers additional support and advice

- **Anna Freud Centre:** helping children and young people to manage anxiety booklet. This guide offers approaches for school staff or parents and carers to help children and young people manage anxiety during this period  
<https://www.annafreud.org/schools-and-colleges/resources/helping-children-and-young-people-to-manage-anxiety/>
- **ELSA Support:** provides downloadable resources which are ready to print and use. Focus on emotional support and wellbeing for the family  
<https://www.elsa-support.co.uk>
- **NSPCC:** support and advice for parents and carers  
<https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/>
- **NHS:** Coronavirus resources for children and families  
<https://www.sheffieldchildrens.nhs.uk/patients-and-parents/coronavirus-resources-for-children-and-families/>

### Staff

- **Mentally Healthy Schools:** specifically tailored to primary schools, to promote child mental health as well as providing advice for parents and school staff. There is an option to sign up for free updates and toolkits  
<https://www.mentallyhealthyschools.org.uk>
- **Education Support:** have developed five tips for teachers and education staff to maintain good wellbeing during this time  
<https://www.educationsupport.org.uk/resources/top-tips/5-tips-look-after-yourself-during-coronavirus-teachers-education-staff>
- **Mind:** mental health tips for working remotely  
<https://www.mind.org.uk/workplace/mental-health-at-work/coronavirus-supporting-yourself-and-your-team/>
- **Gov.uk:** guidance for the public on mental health and wellbeing  
<https://www.gov.uk/government/publications/covid-19-guidance-for-the-public-on-mental-health-and-wellbeing/guidance-for-the-public-on-the-mental-health-and-wellbeing-aspects-of-coronavirus-covid-19>