

The teenage brain

Understanding a little about the basic science of the brain can help you cope with some of the things you might be feeling. In this video, Natasha Devon, mental health campaigner and author of Yes You Can Ace Your Exams Without Losing Your Mind, is here to tell us a little bit about how the teenage brain develops:

The teenage brain - BBC Bitesize



3 ways to find help and support

- 1. Use an online service like kooth.com for self-help and support
- 2. Talk to someone at home, at school, or another trusted adult
- 3. Make a referral to a support service such as the Emotional Health Academy or CAMHS



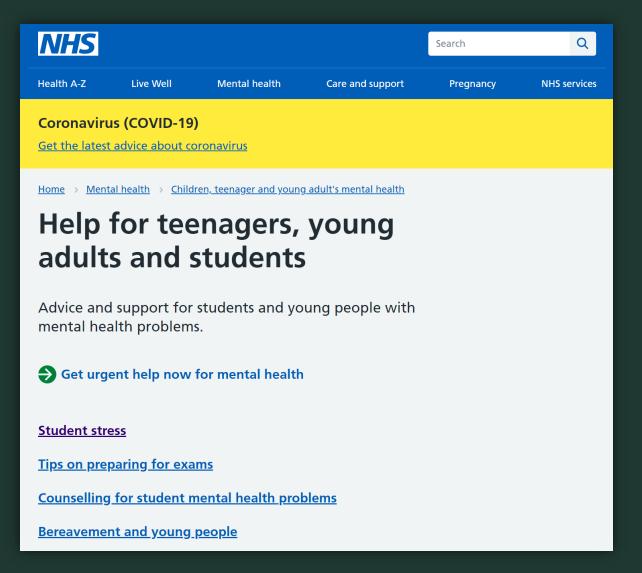
Your online mental wellbeing community

Free, safe and anonymous support

- This site is free to use for students in West Berkshire schools. It is paid for by West Berkshire Council.
- Your tutor will show you how to sign in (<u>Kooth.com</u>)
 - Click "Join Kooth"
 - Select "Berkshire West"
 - Select "West Berkshire" or "Reading"
 - Fill in general details and select user name and password.
 - The service is anonymous.

Kooth.com

Help for teenagers, young adults and students - NHS (www.nhs.uk)



Talking about it

We All Have Mental Health – YouTube (5:39)



Getting help from school or a service

- <u>listening@denefield.org.uk</u>
- Make an appointment at student reception
- Talk to your tutor or another trusted adult at school
- Ask your parent to contact your tutor or student manager
- Make an appointment with your doctor
- Contact <u>The Mix</u>, <u>Shout 85258</u> or <u>Childline</u>

Look after yourself

