

WHERE CAN I GET FURTHER SUPPORT?

It might be helpful to seek further support if you:

- are still experiencing difficulties despite trying the tips in this leaflet
- are having trouble with day to day tasks (getting to school or after school clubs, spending time with friends, trouble concentrating etc)
- have worries/concerns that make it hard to sleep or unable focus on other things
- are struggling with going into school

Talking to a member of staff at school, or booking an appointment to see your GP can be a good first step.

Young Minds

Young Minds is a helpful webpage that can provide further advice on self-care and other wellbeing and mental health related needs.

www.youngminds.org.uk/young-person/coping-with-life/self-care/

Kooth

Kooth is a free, safe, anonymous online wellbeing community that is accessible 24/7, 365 days of the year and provides access to chat sessions with qualified counsellors and emotional wellbeing practitioners.

kooth.com

If you need to talk to somebody right now, these organisations can help:

	NHS 111	ChildLine 0800 1111	Shout 85258	Samaritans 116 123	 In emergencies, call 999
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USEFUL APPS



Calm App



Clear Fear



Headspace



What's up?

Mental Health
Support Team
Portsmouth

NHS
Hampshire and
Isle of Wight Healthcare
NHS Foundation Trust

SCHOOL TRANSITIONS

PICK-ME-UP



[pik-mee-uhp] noun

A pick-me-up is something that restores a person's energy, improves their mood, or generally lifts their spirits.

WHAT IS TRANSITION?



Change is a normal part of life and can provide opportunities for children and young people to develop their resilience.

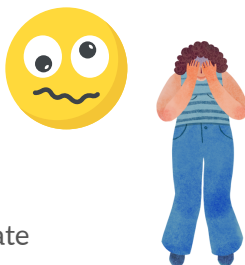
Whether you are starting primary school, secondary school, further education, changing schools, or leaving school for university or work, this transition period needs to be carefully managed. During any transition period, it's important that you feel able to talk about their concerns and are supported to cope with any adjustments.

WHAT IT MIGHT LOOK LIKE?



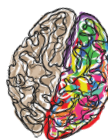
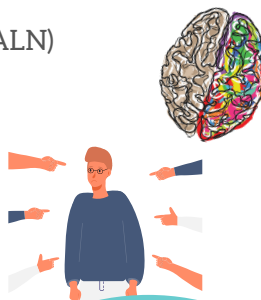
If you are finding a school transition difficult, you might notice that you are:

- struggling to make friends
- feeling like you don't belong
- having difficulty with daily routines and tasks
- finding it difficult to attend school or lessons
- showing more challenging or disruptive behaviour
- losing interest in school and are struggling to concentrate



Some people might be more likely to struggle with moving to a new school or phase of education. If the below apply to you, it is helpful to be more mindful of how you are coping and reach out if you are finding transition hard:

- additional learning needs (also known as SEND, ASN or ALN)
- mental health difficulties
- behavioural difficulties or struggle to regulate emotions
- limited parental support
- experience of transient living, such as being in care
- experience of being bullied



It is also important to highlight the importance of self-care in periods of transition. There are a number of self-care strategies - we recommend ChildLine's taking care of yourself webpage for ideas.

WHAT CAN I DO?

- Identify any worries that you are having, or how you feel about the upcoming transition.
- Talk to a trusted adult or friend if you have any concerns.
- Get organised; make a list of things that are needed and practise getting ready for school - e.g., having breakfast, packing bags, planning lunch and organising your uniform.
- Prepare yourself by looking at the school website, planning your school weekday routine, planning your school route, getting to know the school map, who you can go to and having a diary to plan your week.
- Introduce yourself to new people even if it makes you feel out of your comfort zone. Remember that good friends often form gradually as you naturally learn more about each other.
- If you ever feel stuck, there will always be school staff or pupils who are willing to help! Contact your school or ask your carer to do this to seek further support.



WHAT CAN OTHERS DO?

- Communication: Talk and listen to explore a child's difficulties - check understanding and consider together whether it would be helpful to share any information with school.
- Encourage independence and taking on more responsibilities; praising and rewarding them for making any changes!
- Work together with your child: share ideas about how to create action plans, problem-solve together, show them that we can learn from mistakes when we get things wrong.
- Normalise that change is difficult!
- Schools can offer transition support to help students get to know the school and support available - parents/carers can check in with school about what they can offer.



Search [YoungMinds](#) Supporting School Transitions Resources