

Shenfield High School

Sixth Form

Student Wellbeing Booklet



A guide to support within SIXTH FORM and OUTSIDE

- Identifying and avoiding risky behaviors
 - What to do if things go wrong
- Taking responsibility for your own well-being

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Sixth Form Staff

Help available within Shenfield Sixth Form



Your Form Tutor

If you have concerns about your welfare and your work is suffering as a result, talk to your Tutor. Tutors get to know you well through years 12 and 13 and have lots of experience of working with all types of problems that students may face. They have a key role in supporting your well-being in Sixth Form and they can really help. Just speak to/email them to book a one-to-one conversation.

Sixth Form Team

If you would rather talk to someone else, the Sixth Form Team are ready to help.

Pastoral Managers are here to make sure students feel safe and have a positive Sixth Form experience. They are always available for a one to one conversation and can liaise with teachers and tutors. Here is the list of the staff and where to find them:

Mrs Downey– Pastoral Manager 6th form (i57)

Mr Bishop – Head of Year 13 (i55)

Mr Macdonald – Deputy Head of Sixth Form (i55) and Head of year 12

Mrs Panayi- Academic Mentor (i54/ i55)

Mr Cooke – Head of Sixth Form (Sixth Form main office: i55)

Mrs Dunn – Sixth Form Administrator (i55)

Health & Well-being Staff:

Mrs Hadden – First Aid Officer

And the 6th form team

School Nurse and Drop-ins

If students require further information about sexual health (C-Cards) please contact Mrs Hadden in First Aid or Mrs Downey in Sixth Form.

Your School First aider **Mrs Hadden**, is in school to help you. She is in the **Medical Room** on the ground floor of the **South Hall – opposite the swimming pool entrance**. She supports students with **any physical and emotional needs** and her advice is confidential and without embarrassment. She can help refer you to your GP, other local services, and the School Counsellor if necessary. She provides emergency first aid and treatment for accidents and injuries. If students feel unwell during the school day, they should see go to first aid who will advise and if necessary **authorise going home**.

The local school community nurse attends the school premises for a **confidential** drop in session –
Tuesdays (every other week) in room P18.
Between 1.20pm and 2.20 pm



How can she help?

She can give on-going support with:

Physical and emotional problems
Self-Harm
Smoking
C-Cards
Asthma

Eating Disorders
Substance abuse
Sexual health services
Diabetes
Epilepsy



Mentoring /Counselling

If at any stage during Sixth Form students want access to **Mentoring/counselling**, in the first instance your **Pastoral Manager** is the person to speak to. They are here to support your well-being and safety in school and along with your Form Tutor they will advise and guide you. There can be many reasons why you might want to ask for counselling: exam stress, anxiety, drug or alcohol problems, depression, family/parental difficulties, relationships, sexuality, self-harm, illness, etc.

Pastoral Manager 6th Form – **Mrs Downey**

At Shenfield High School we are fortunate to have the support of experienced impartial advisers who are available in Sixth Form each week to listen to and advise students. They are used to dealing with issues affecting young people and can offer **private** and **confidential non-judgmental** support when it is needed. They can refer students to further Mentoring/counselling services if necessary.

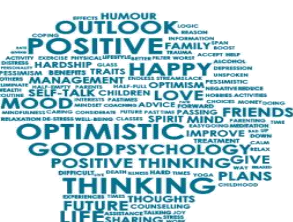
If you wish to speak to:

Mrs F Mason on a **Wednesday**. Please ask your Pastoral Manager to arrange mentoring for you.

Counselling can be organised via the school or via appropriate outside agencies.

Young people who would prefer counselling inside of school should still speak to their **Pastoral Manager** who can support with making a referral. Services are limited and can take time to arrange. Often going to your own **GP** is the fastest and most effective route. The school can also make specialist referrals **to Emotional and Wellbeing and Mental Health Services** for under 18's, to **HBBS** for bereavement and to **SERRIC** for counselling related to sexual assault or sexual violence.

For in-school mentoring, if a young person is at risk of harm, the information will be passed onto one of the Designated Safeguarding Leads, and our SG and CP Policy will be followed accordingly.



Counselling/ Support Outside

There are charities like ChildLine and the Samaritans who can offer **immediate and confidential support** as well as **guiding you where you can receive further help**. Counselling can also be accessed at any time online – just go to KOOH.COM and many others – totally confidential to you.

YoungMinds Crisis Messenger

If you are a young person experiencing a mental health crisis, you can text the YoungMinds Crisis Messenger for free, 24/7 support.

If you decide to access external counselling – please still inform your Pastoral Manager



About ChildLine

ChildLine is a private and confidential service for children and young people up to the age of nineteen. You can contact a ChildLine counsellor about anything - no problem is too big or too small. Call free on 0800 1111, have a 1-2-1 chat online or send an email.



Are calls free from mobiles?

Here are the mobile phone companies who have told us that calls to ChildLine are free: 3 (Three), BT Mobile, EE, O2, Orange, T Mobile, Virgin and Vodafone.



IF YOU'RE UNDER 18

Anyone can contact Samaritans and all information stays completely between us, no matter how old you are.

Samaritans' primary responsibility is to you, not your parents or guardian.



If i'm under 18, how can you help me?

A lot of things can make us feel bad, for example:

- how we look
- problems at school or college
- how people are treating us
- worries about exams or money



or something else... You might feel you can't talk to anyone, or you don't want to worry your friends or family.

Call SAMARITANS

No names. No pressure. No judgement.
We're here for you. Any time.

08457 90 90 90*

jo@samaritans.org www.samaritans.org

*See our website for latest call charges. A registered charity.
Worried about cost? We'll call you back.

Or free on 116123

Supporting vulnerable young people and adults in personal growth, improved mental wellbeing and resilience. Working with wild nature as a therapeutic tool to gain perspective and understanding.

Concerned about the safety or well-being of a young person?

Talk to one of school's Designated Safeguarding Leads: Mr Bolitho and Mrs Nelson

You could also call the **Essex County Council Children and Young People Service** and provide anonymous information if you feel that a child is at real risk of significant harm: **0345 603 7627**.

You can get a lot of **online information** about the following safeguarding topics from **ESCB (Essex Safeguarding Children Board)** – online safety, including sexting, Child Exploitation (drugs and sexual), radicalisation and extremism, female genital mutilation, forced marriage, honour based crimes and child abuse. #tellsomeone, #saysomething.

If you feel that you or someone you know is at risk in the community and you do not want to talk to your family or someone at school, you can **call Essex police direct by calling 101**. Again they will take anonymous information.

If you have information about a **crime** that has been or may be committed, then call Crime Stoppers **0800 555 111** – again this information can be passed on anonymously.

If you or someone you know has suffered from a sexual assault you can **call SYNERGY Essex/Essex Rape Crisis** who will give you advice and support and YOUR choices about next steps – **0300 003 7777**. www.synergyessex.org.uk to find local support. Or you can also self-refer to SARC who provide an alternative option for people who do not want to, or are undecided, whether to report an assault to the police. **Call Essex Sarc on 01277 240620 located in Brentwood at Oakwood Place, Crescent drive CM15 8DR**

If you are worried about any online activity you can report it online anonymously via **CEOPs**.

Additional:



If you or your family need **help with housing or the benefits system** you can call **Peabody South East** who offer floating support with homelessness, housing or debt at www.peabody.co.uk or call **0800 288 8883**

Careers Advice

Weekly updated careers information is in “Weekly Notices” and sent to tutors to discuss during form time. This covers Apprenticeship Information, Open Days, Careers Events, Work Experience, Job Opportunities etc...

Shenfield High School has Careers Advice on Wednesdays and Thursdays with Mrs Emma Doman in the library. Emma offers impartial careers information advice and guidance in a private and confidential area.



Email l.utton@shenfield.essex.sch.uk if you would like a Careers Interview with Emma the Careers Advisor or ask your form tutor.



Employment support services

All of our employment support services are designed for working-age disabled people. The information below can help you find the right programme.

tel:0808 800 3333
helpline@scope.org.uk



Mindfulness

Contact your Pastoral Manager to find out more about Mindfulness.



Mindfulness & Meditation

Slow Down. Breathe. Be Present.

How do people learn mindfulness?

Mindfulness is always learned in a highly practical way, through experience rather than talk. We gradually learn to direct our attention in a more focused way to whatever is actually happening - whether it be our breathing, the sensations in our body, thoughts and feelings, or everyday activities such as walking and eating.



What Is Mindfulness?

Mindfulness is all about learning to direct our attention to our experience as it unfolds, moment by moment, with open-minded curiosity and acceptance. Rather than worrying about what *has* happened or *might* happen, it trains us to respond skilfully to whatever *is* happening right now, be that good or bad.

Special Educational Needs



Special Needs And Parents
Registered Charity No. 1077787

If you have a child between 0-25 years who has any special need or disability and you live in Essex, then we are here for you and your family.

No formal diagnosis or professional referral is necessary to access SNAP services. Tel.: 01277 211300

Email: info@snapcharity.org

Website: www.snapcharity.org

Helpline : familyteam@snapcharity.org

The SNAP Centre, Pastoral Way, Brentwood, Essex CM14 5WF

Families InFocus (Essex)

we are a leading independent parent led registered charity providing holistic support to families of children with disabilities and special needs (aged 0 to 19) across Essex, who require advice, information and support, particularly at times of change, challenge and crisis.

Tel.: 01245 353575 between 10.00am-4.00pm

Email: helpline@familiesinfocusessex.org.uk

Moulsham Mill Centre, Parkway, Chelmsford CM2 7PX



How we can help children and adults

If you would like support and advice on emotional/mental health issues, you can talk to one of our Family Support Workers through [Live Chat](#), email us or call our confidential helpline on [0808 800 2222](tel:08088002222). [Family Lives](#) is here for you weekdays 9.00-9.00 pm, 10.00-3.00pm weekends. You can contact us about any family issue, big or small. We listen, support and never judge and can signpost on to other services.

Learning Support Department in School (C8)

Our special educational needs department staff are highly qualified in methods of helping young people with a range of disabilities. Please speak to Miss Smith or someone in the department for more information.

Drugs and Alcohol

Speaking to your **GP** can be the best route for referrals





FRANK

0300 123 6600 talktofrank.com


Friendly, confidential drugs advice

www.talktofrank.com

NEED SOME FRIENDLY, CONFIDENTIAL ADVICE?
TALK TO FRANK.


 0300 123 6600 <small>If you want to talk, you can call FRANK, 24 hours a day, 365 days a year.</small>	 LIVE CHAT <small>Have a friendly, confidential chat online from 2pm - 6pm (UK) on any day of the week.</small>
 82111 <small>Need a quick answer? Text a question and FRANK will text you back.</small>	 EMAIL <small>Whatever you want to know, FRANK will tell you, no questions asked.</small>

DrugWise



EYPDAS

Essex Young People's Drug and Alcohol Service
A project of The Children's Society



Essex Young People's Drug and Alcohol Service

If you're 18 or under and live in Essex, then EYPDAS is here for you.

If you're affected by drug or alcohol use - your own or someone else's - we'll work with you to keep you safe and get things sorted. We won't make you do anything you don't want to - we'll find out what you want and give you whatever support you need.

You can contact us via...
the CHOICES Single point of contact on 08444 991 323, or
Text CHOICES to 80800

[Get Help](#)[Drugs & Alcohol](#)[Sexual Health](#)[The Law](#)

Sexual Health



For Local Services contact:

provide.essexsexualhealthservice@nhs.net

Tel: 0300 003 1212

On line STI testing via kit sent by post, C Card, etc



Forgotten your pill or had unprotected sex? Maybe you're worried about something? Here's what to do and where to go if you need help urgently.

- Could I have a sexually transmitted infection (STI)?
- I think I might be pregnant
- I've had sex without a condom
- I've been pushed into sex
- Will vomiting, diarrhoea or medication affect the way my pill works?
- I've forgotten to take my pill

www.nhs.uk/live-well/sexual-health/

Call the national sexual health helpline on 0300 123 7123 for details

Anxiety –Mental Health



**Free, safe and anonymous
online support for young people**

Need to Talk?

Kooth is a free online counselling and wellbeing platform for young people, widely accessible and online until 10pm.

Website: kooth.com



Brentwood Mind Counselling and Mental Health

Brentwood Hub **tel:01277503219** Tel: **01375 391411**-Thurrock & Gray's

National mental health helpline 03001233393

Brentwood Mind is the leading mental health charity in Brentwood.

Any young person between the ages of 16-18 who is experiencing mental health problems can call to make an appointment (self refer) or go through your GP.



Lighter Head Hypnotherapy- anxiety-phobia- addiction

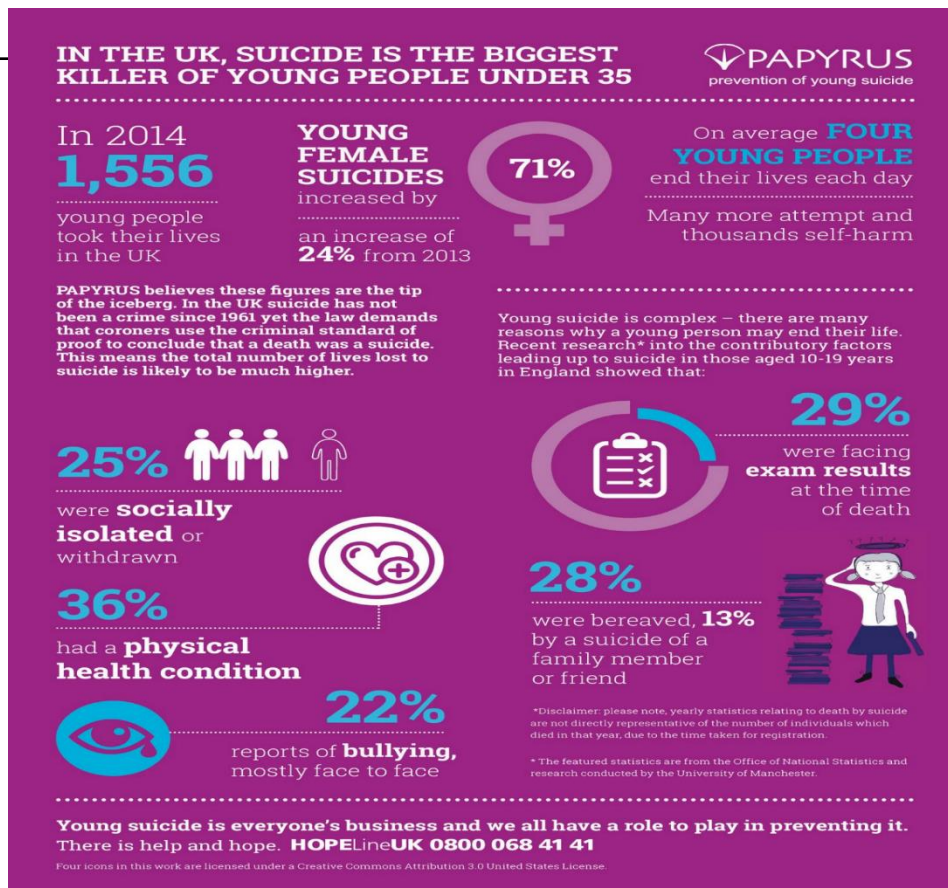
Contact Mary 07946431281 or mtwp@btinternet.com



InsightTimer

**Free mediation app for help with sleep, anxiety,
and stress**

Depression- Mental Health



Our work

The
Children's
Society

Child sexual exploitation
Children's rights and advocacy
County lines and criminal exploitation
Missing from home
Poverty
Refugees and migrants
Substance misuse
Well-being
Young carers

Useful Contacts

PAPYRUS: www.papyrus.org – suicide prevention charity 0800 068 4141

Big White Wall – bigwhitewall.co.uk (Online mental health community)

Cruse Bereavement Care - 0845 2669710 essex@cruse.org.uk

Depression UK - depressionuk.org Self-help organisation helping people cope with depression

The National Association for People Abused in Childhood - napac.org.uk 0808 801 0331

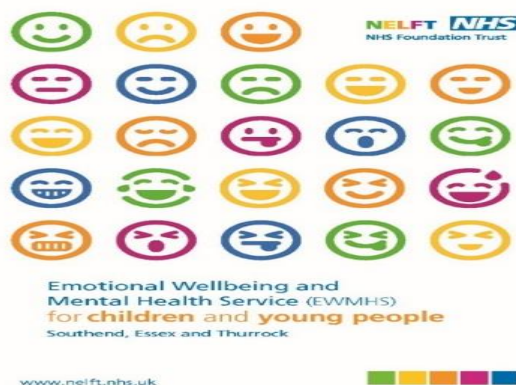
Hector's House Charity – suicide prevention. Text Hector to 85258 or online hectorshouse.org.uk

Well-being and Social Development

SilverCloud - online support for mental health and wellbeing

www.penninecare.nhs.uk/silvercloud

Info centre



insighttimer.com/

Insight Timer

#1 free app for sleep, anxiety and stress.



Provides a Crisis Messenger Service which is free, confidential, 24/7 text message support service for anyone who is feeling overwhelmed or is struggling to cope.

Text: **AFC** to **85258**

Self-harm

[What is self-harm? | Talking about mental health - Episode 15 - YouTube](#)

Self-harm is when an individual physically harms themselves as a way of dealing with very difficult feelings, painful memories or overwhelming situations and experiences. Some people have described self-harm as a way to:

- Express something that is hard to put into words
- Turn invisible thoughts or feelings into something visible
- Change emotional pain into physical pain
- Reduce overwhelming emotional feelings or thoughts
- Have a sense of being in control, and of having something to rely on
- Escape traumatic memories
- Punish themselves for their feelings and experiences
- Stop feeling numb, disconnected or dissociated (see dissociation and dissociative disorders)
- Express suicidal feelings and thoughts without taking their own life.

For Help please contact

ChildLine

Telephone: 0800 1111

Website: www.childline.org.uk

ChildLine is a private and confidential service for children and young people up to the age of nineteen. You can contact a ChildLine counsellor for free about anything - no problem is too big or too small.

Side by Side

Website: <https://sidebyside.mind.org.uk/about>

Side by Side is an online community where you can listen, share and be heard. Side by Side is run by [Mind](#).

SHOUT

Shout is the UK's first 24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help.

Text: 85258

Website: <https://www.giveusashout.org/>

The Mix

Telephone: 0808 808 4994 (11am-11pm, free to call)

Email: [Helpline email form](#)

Crisis Support: Text 'THEMIX' to 85258.

Website: www.themix.org.uk/get-support

The Mix provides judgement-free information and support to young people aged 13-25 on a range of issues including mental health problems. Young people can access the The Mix's support via phone, email, webchat, peer to peer and counselling services.

Bereavement — Ata Loss and Winston House



Eating Disorders



www.tastelifeuk.org



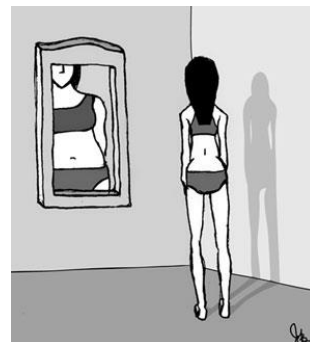
eating-disorders.org.uk/

Help line: **0845 838 2040**

Give guidance and support

How can you tell if someone has an eating disorder?

You cannot tell if someone has an eating disorder just by looking at them. While it is true that some sufferers of anorexia are severely emaciated, some are not, and the majority of eating disorder sufferers do not have anorexia. Those suffering from bulimia may be within the normal weight range or may be overweight, while those with binge eating disorder are often overweight.



How should people with eating disorders seek help?

The first port of call for a sufferer should always be their making an appointment with their **GP**. Helplines are available for support and information, and can give people suggestions for how to approach their doctor. After seeking advice from your GP, it can be useful to search for **specific eating disorder organisations** that are near you.

LGBTQ+



**Pride lunch
club in c51
with Miss
Crick**



0300 330 0630

switchboard.lgbt/



**The following signposts support
for LGBTQ+ people in abusive
relationships:**

If you identify as LGBTQ+ you can
call [Galop](tel:08009995428) on **0800 999 5428** for
emotional and practical support

And this website gives more
information around the issue of
[relationship abuse generally:](http://www.nhs.uk/live-well/healthy-body/getting-help-for-domestic-violence/)

[www.nhs.uk/live-well/healthy-
body/getting-help-for-
domestic-violence/](http://www.nhs.uk/live-well/healthy-body/getting-help-for-domestic-violence/)

Reporting Hate Crime in Essex

Hate Crime is any crime motivated by hostility or prejudice
against a person's perceived race, faith, sexual orientation,
disability or gender identity.

Victim Support is here to help you if you have been affected
by Hate Crime. You do not have to report the crime to get
support from us.

**Call our free 24 hour Supportline on:
08 08 16 89 111**

We work in partnership with Stop Hate UK, True Vision, Hate Incident
Reporting Centre network, Essex Police and Crimestoppers, who can be
contacted directly if you have been affected by Hate Crime.

www.victimsupport.org.uk

f VictimSupport **t** @VictimSupport

As an independent charity, we work for a world

Sexual Assault and Sexual Violence



Say Something is a telephone helpline and email advice service for young people to report sexual exploitation (CSE) and get advice on how to keep safe and where to seek support. It is not OK for someone to expect you to do things you don't want to. Listen to your instincts: If it doesn't feel right –tell someone.

24/7 FREE, ANONYMOUS, CALL or TEXT 116000
or email to 116000@missingpeople@org.uk

www.stop-cse.org/ssss/

Facebook: [/SaySomething](https://www.facebook.com/SaySomething)

Twitter: [@SaySomething](https://twitter.com/SaySomething)

[#knowaboutCSE](https://twitter.com/hashtag/knowaboutCSE)

Synergy offer help to anyone who has been sexually abused or raped, or who has been affected by sexual violence at any time in their lives. It is an accepted fact that sexual assault/violence often is not repeated immediately, but the effects last a lifetime. **SYNERGY** and their counselling partners, **SERRIC**, can help.

All their staff and volunteers are trained to provide specialist support. They offer support from accessible outreach sites across Essex and have dedicated spaces for women and girls as we recognise that many individuals need designated space to feel safe and regain control of their lives.

They offer an Essex wide service providing specialist emotional support, counselling, advocacy and other services to support adults, children, young people, family and their supporters.

0300 003 7777 

support@synergyessex.org.uk 

Gangs

LET'S TALK ABOUT GANGS

"Every day I am hearing about young people being killed...I am really scared."

"We ain't a gang...they are just my friends..."

Violent crime appears to be on the increase yet again. Every day seems to bring with it another news story of a knife, gun or gang related crime. We are living in a time where crimes are getting more and more serious and at the same time the age of young people becoming involved appears to be getting younger.

This leaflet exists to give you the parent, carer or guardian the basic facts on what gangs are, possible signs to look for if you are worried about your child and where to go if you need advice.

What do we mean by 'Gangs'?

Thanks to the media it seems everyone has their own idea of what they mean by 'Gangs'. Older generations tend to think of mobster type gangs such as the Krays. Some people think of the American styled gangs which are huge in number, entrenched in rap lyrics, come from the 'slums' or wear bandanas in specific colours and operate in certain neighbourhoods.

In the UK our situation is different, our gun laws, our areas of poverty and most importantly our gang sizes and numbers are much smaller by comparison.

Gangs or Co-offending Groups?

When we talk about gangs we essentially mean groups which carry out criminal acts together. These offences tend range from theft or robbery to drug dealing and distribution all the way up to acts of Serious Youth Violence which covers things such as weapon enabled crime, rape and murder.

What are the odds of my child becoming involved?

Even though there are tragedies of young lives lost through gangs or serious youth violence the reality is it is just a small fraction of young people that end up becoming involved. However, we live in an age where young people are more connected now than ever before. Young people have always wanted to be liked and admired by their friends. The use and shareability of social media means a young person can be hyped up or discredited in an instant. At the same time, various co-offending groups use the same channels to promote and glamourise their activity so that they can recruit others. It's not just boys, girls can get involved too.

Groups involved in criminality live by a 'No snitching code'. They tend not to talk about their activities particularly with adults or those in authority. This makes your job as a parent or guardian much harder.



Serious Crime/Gangs

The school also works with a local agency called Building Lives, whose key workers understand what it is like to be a young person involved in serious crime and what you can do to get out of it.

Useful contacts

Neighbourhood Police – to find details of your local team and find out more about the work they are doing in your area, search your postcode at www.police.uk.

Crimestoppers – a free, confidential service where you can report information about a crime anonymously.

Freephone: **0800 555 111**

Web: www.crimestoppers-uk.org

Local Authority/Council – connect to your Local Authority and find out about local specialised work with gangs, parent groups and activities for young people in your area. They can also refer you to parenting support programmes.

Web: www.gov.uk/find-your-local-council

Family Lives – gives advice on all aspects of the parenting role and is open 24 hours a day, 7 days a week.

Freephone: **0808 800 2222**

Web: www.familylives.org.uk

National Council for Voluntary Youth Services – network of over 280 national organisations, and regional and local networks that work with and for young people.

Web: www.ncvys.org.uk

The National Society for the Prevention of Cruelty to Children (NSPCC) – runs a wide range of services for both children and adults, including a national helpline and local projects. Their helpline is open 24 hours a day, 7 days a week.

Freephone: **0808 800 5000**.

Email: help@nspcc.org.uk

Web: www.nspcc.org.uk

Anti-Bullying Alliance – advice on bullying.

Web: www.anti-bullyingalliance.org.uk

Victim Support – a national charity supporting people affected by crime.

Web: www.victimsupport.org

Missing People – if your child goes missing for long periods of time, Missing People can help you find them.

Freephone: **116 000**

Text: **116 000** (you can even text this number if you have run out of credit)

Web: missingpeople.org.uk

St Giles Trust SOS

² Call: **020 7708 8000**

Web: stgilestrust.org.uk

Home Help and Carers

We don't think anyone in our community should have to face going hungry. That's why we provide three days' nutritionally balanced emergency food and support to local people who are referred to us in crisis. We are part of a nationwide network of foodbanks.

As part of the community, Shenfield High School can help if your family is in crisis; **speak to your Pastoral Manager** about how you can get a **Voucher** which can be exchanged at the distribution centre. Food items are distributed in supermarket carrier bags to preserve anonymity.



In addition, Daily Bread Food Café is completely free and does not require foodbank vouchers. It is **held at St Peters Church**

open between 10-12am Mon-Sat. Call 01277 262864.



Young Carers

Action for Family Carers offers free and confidential support for young carers in the Brentwood and surrounding areas.

Office: 0300 7708090/01621 851640

Action for Family Carers, Brickhouse Farm, Poulton Close, Maldon CM9 6NG

BOSP offers short break care clubs at evenings, weekends and school holidays providing fun and exciting activities with social opportunities for children and young people with disabilities aged 4 years onwards. BOSP aims to develop the children and young people's independence, self-esteem and social skills in a supportive environment. BOSP is based in Billericay, Basildon, Brentwood and offers out and About Activities.

Tel.: **01268 553117**

Email: enquiries@bosp.co.uk

The BOSP Office, Wat Tyler Country Park, Pitsea Hall Lane, Pitsea, Basildon, Essex SS16 4UH



BOSP

Brighter Opportunities
through Supported Play

Other Useful Organisations

SUICIDE PREVENTION ADVICE

WAIT!

W **Watch out** for signs of distress and changes in behaviour

A **Ask** "are you having suicidal thoughts?"

I **It will pass** – assure your loved one that, with help, their suicidal feelings will pass with time

T **Talk to others** – encourage your loved one to seek help from a GP or health professional

 Mental Health Foundation



Young Carer-

please email Contact@KoolCarers.co.uk or contact the Kool Carers Office on: (01268 555935)

Other Useful Organisations



National Rail

Looking for a way to get cheap train tickets?

Then you need to get yourself a National Railcard. National Railcards offer you up to $\frac{1}{3}$ discount on your train tickets, as well as giving you discounts and deals for popular attractions and days out when you travel by train, including weekends.

For details on eligibility visit www.16-25railcard.co.uk

Current cost: £30 a year or a 3 year 16-25 Railcard for £70.00

Other Useful Organisations

Relationship Counselling from:



Common problems

Sometimes we face difficulties in our relationships, and at times like this, it can be reassuring to know you're not alone.

 **Common problems**



Breaking up

Some relationships naturally come to an end. But there are healthy and unhealthy ways to break up with a partner.

 **Breaking up**

Telephone counselling appointment

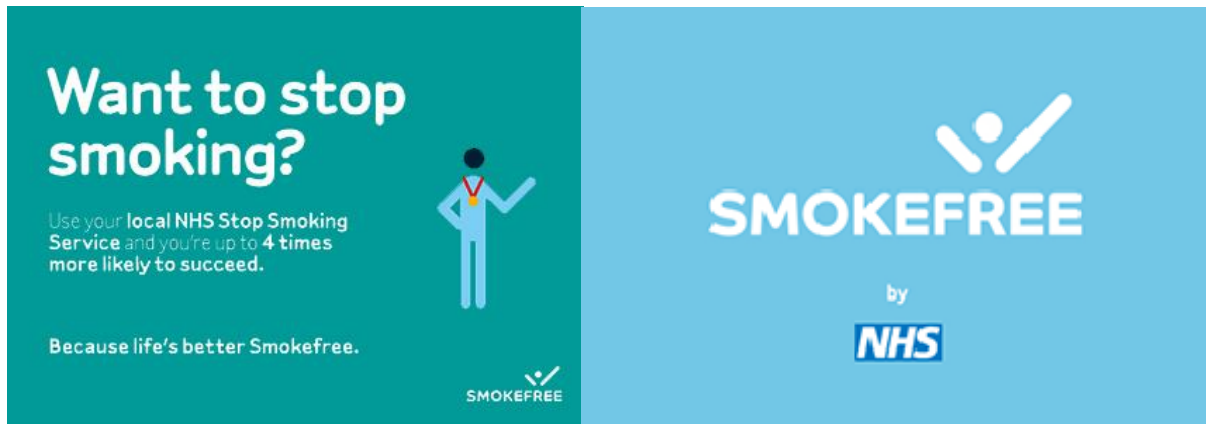
Call our booking line on **0300 0030396** for Phone or zoom appointments only

Nearest Centre - Harold Wood Relate
The Willows, 2 The Drive
Harold Wood
Essex
RM3 ODU
United Kingdom

Phone 01708 441722

Email enquiries@relatelnene.org.uk

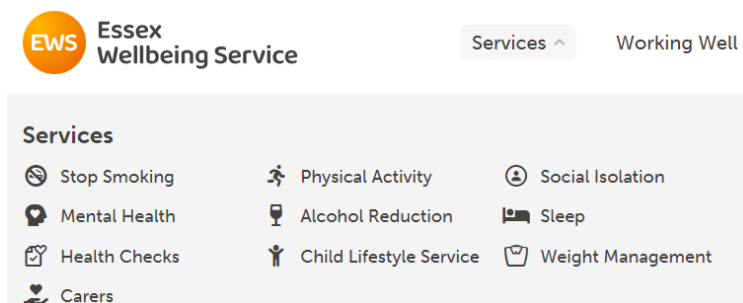
Quit Vaping/ Smoking



SMOKEFREE NHS: <http://www.nhs.uk/smokefree>

You can also call the [NHS Smokefree Helpline](tel:03001231044) on 0300 123 1044

[Nicotine replacement therapy \(NRT\)](#) can double your chances of success (Patches, gum, e-cigarettes etc).



10 self-help tips to stop Vaping/smoking

Think positive

Make a plan to quit smoking

Consider your diet

Change your drink

Identify when you crave cigarettes

Get some stop-vaping/smoking support

Get moving

Make non-vaping/smoking friends

Keep your hands and mouth busy, make a list of reasons to quit

