

## In this issue:

- Accredited mental health training
- Kooth student support
- Do you know your Phishing from your Smishing?

*The Achieve and Learn Trust believes that nothing is more important than safeguarding the young people in our schools.*

*We hope you found our first bulletin informative and useful. This edition builds on mental health awareness and the support our young people can access to build their resilience.*

## Free Mental Health Training Course

We are very excited to be able to offer all of our parents the opportunity to complete a FREE training course leading to a level 2 qualification in Mental Health First Aid. In this free online course over 6 weeks, you will learn about different types of mental ill health and how to identify, understand and respond to signs of mental illnesses. [mental health first aid course online free \(freecoursesinengland.co.uk\)](https://www.freecoursesinengland.co.uk)

## KOOTH



Kooth is a **FREE digital mental health support service**. It gives children and young people easy access to an online community of peers and a team of experienced counsellors. It is an anonymous site which helps children and young people to feel safe and confident in exploring their concerns and seeking professional support. Children and young people can choose how they want to access help: Magazines, Forums, Activity Centres, Messaging, Live Counselling. Each component can be accessed as a stand alone or as part of a wider care package.

## Do you know your phishing from your smishing?

Hopefully you've not been one of the thousands of people who are victims of online fraud and scams every year, but I'm sure that you will have heard about the increase in frauds on the news. Criminals are becoming increasingly sophisticated in their methods, and it's important that both adults and children understand the most common methods, to keep themselves safe online.

**Phishing** is a malicious email that encourages you to click a link which could install trojan software to access your computer, email server or data. It might also leave a keylogger which would record your keystrokes, perhaps revealing your password.

**Smishing** is a malicious text message (SMS) that will have a link to click on your smartphone.

**Vishing** is a voice message or an actual caller aiming to find out your personal information, access your bank account or encourage you to make payments.

**Quishing** is a QR code that will take you to a malicious or fake site. There are examples where criminals have set up fake payment pages for car parking charges using their QR code stuck over the top of the legitimate QR codes on signage.

