



SPEAK UP SPACE

Speak Up Space is an early intervention Instant Messaging Service for young people, up to the age of 18. It is offering **free, anonymous and confidential mental health and emotional well-being support**, during school hours, **5 days per week**. These are offered as part of the **Winter Wellness Project 2020** until **31.03.21** without a referral or a waiting list.

Each chat lasts 45 minutes and can be booked in advance or on the day if there's space.

Instant messaging is like having a chat via text message and young people can talk about anything that is important to them at www.speakupspace.org.uk The website also provides self-help resources and signposting to other services offering support.

WINTER WELLNESS SUS AVAILABILITY

The Instant Messaging Service is available at the following times:

Monday	-	9:30am-2:30pm
Tuesday	-	9:30am-2:30pm
Wednesday	-	9:30am-2:30pm
Thursday	-	9:30am-2:30pm
Friday	-	9:30am-12:30pm

BOOKING

The Speak Up Space Winter Wellness daytime chats need to be booked here:

<https://outlook.office365.com/owa/calendar/SpeakUpSpaceSchoolSupport@nsmind.org.uk/bookings/s/hxl8QqLWuUOPak6CE7eJBw2>

OR

There is a link to the booking system on this page of the SUS website:

<https://www.speakupspace.org.uk/instant-messaging-service-during-school-hours/>

To book click on the link and it will open a calendar with the next available appointment dates and times:

- Click on the date and time that you would like.
- Once you have selected an appointment it will ask you for:
 1. **A name** (this can be your real name or a made up name)
 2. **An e-mail address.**
- Once you have entered your name and e-mail press enter and your appointment is booked. You will receive an e-mail confirming your appointment.

Appointments can be booked on behalf of young people by family members or teachers or the young person themselves.

ACCESS

Speak Up Space is free and young people do not need a referral. Young people can even choose to remain anonymous. In order to access our instant messaging service, booked an appointment then visit www.speakupspace.org.uk a few minutes ahead of your appointment time.

You will see this speech bubble icon appear towards the bottom of your screen:



- Click this icon & a chat box will open asking you to “Enter your message”.
- Type your message & press ‘enter’.
- The chat box will then ask you for a nickname, your age & the town you are from.
- **Please type the same name that you used to book your appointment** and press enter. The chat will then begin and the Speak Up Space practitioner will respond to your message.
- Each chat will last **up to 45 minutes**.
- The young person can choose to leave the chat at any time and simply needs to close the chat box, or exit the website to end the chat.

Young people can use the service as many times and as often as they like as long as they have booked. The service is available to just listen but can also offer coping strategies and other self-help techniques. We can even share online resources within the chat.