

Making the most of your summer holiday

Revision help

<https://getrevising.co.uk/>

<https://www.theuniguide.co.uk/advice/revision-help/revision-exams-making-the-grade>

Progression

<https://www.meadowhead.sheffield.sch.uk/page/?title=Careers+Advice+and+Guidance&pid=940>

<https://insideuni.org/application-resources/#sub-guides>

Virtual work experience and open days

<https://www.ucas.com/explore/search/all?query=open%20days>

<https://www.unitasterdays.com/support-for-students/>

Making course decisions

<https://www.ucas.com/discover>

<https://www.unifrog.org/student/universities/start>

Employers and apprenticeship providers

<https://www.ucas.com/explore/search/employers?query=>

<https://www.gov.uk/employers-find-apprenticeship-training>

<https://www.apprenticeships.gov.uk/apprentices/browse-by-interests>

<https://www.unifrog.org/student/apprenticeships/start>

Super Curricular

<https://www.unifrog.org/student/moocs/start>

<https://www.jstor.org/>

<https://www.newscientist.com/>

<https://oxsci.org/>

<https://artsandculture.google.com/>

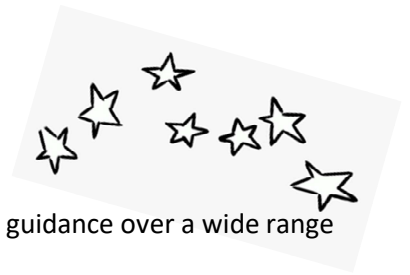
<https://www.bbc.co.uk/iplayer/categories/documentaries/featured>

Personal statement

<https://www.unifrog.org/student/personal-statement>

<https://www.ucas.com/applying/applying-to-university/writing-your-personal-statement>

Sources of support:



- **Young Minds:** search [youngminds.org.uk](https://www.youngminds.org.uk) - offers a large amount of support and guidance over a wide range of issues and situations and can signpost you to other services when needed
- **Kooth:** search [kooth.com](https://www.kooth.com) - a free completely anonymous site where you can sign up and chat on forums, with counsellors or get recommended wellbeing activities; all to help improve any issues you may have with your wellbeing
- **Sheffield mental health guide:** search [sheffieldmentalhealth.com](https://www.sheffieldmentalhealth.com) - offers a range of services and activities linked to a large variety of mental health stressors for people living in Sheffield. They also provide a resource called My Toolkit where you can save activities, keep a journal or vent, and create a rainy day section, full of spaces to put reminders of things that aid your wellbeing on difficult days
- **Shout:** text or call **85258** for free support with your mental health
- **Samaritans:** **116 123** to call or email jo@samaritans.org for free support for you or if you're worried about anyone else
- **Papyrus:** call **0800 068 4141**, text **88247** or email pat@papyrus-uk.org if you or anyone you know is struggling with suicidal thoughts or bereavement from suicide
- **The Mix:** A website providing a large range of essential information for under 25 year olds and ways to contact them.
- **Sheffield Support Hub:** **07890 987 384** sheffieldsupporthub.mhm@nhs.net - A walk in service providing help for people aged 16+ who are in crisis or feel they are close to crisis. They also offer virtual support through voice/video call
- **Rethink:** search 'rethink' - offer support for people affected by mental illness through groups, services and advice lines for all ages
- **Sheffield Futures:** search [sheffieldfutures.org.uk](https://www.sheffieldfutures.org.uk) - offering support and advice for mental health and wellbeing, employment and careers
- **Sheffield Mind:** search [sheffieldmind.co.uk](https://www.sheffieldmind.co.uk) - a charity supporting anyone struggling with a mental health problem and has multiple phone numbers to call for support
- **Chilypep:** search [chilypep.org.uk](https://www.chilypep.org.uk) - an organisation supporting the rights of children and helping young people connect