



Striving for Excellence Together

Need Help?

Everyone needs support at times. We want you to know how to access support to keep you happy, safe and well. This poster outlines just some of the support you can access. Please talk to any member of staff you feel comfortable with if things aren't going well for you.

 <p>Nude image of you online? We can help take it down.</p> <p>Search 'report remove'</p>	<p>Your safeguarding Team Worried about your safety, or the safety of others? Speak to the safeguarding team:</p> <p>Mr Dillon Miss Cooper Mr Ruscoe Mrs Jepps</p> 	 <p>Report any incidents of bullying to any member of staff</p>	<p>HEAD OF YEAR Speak to your Head of Year or tutor</p> <p>They are here to help you and can get you the help you need.</p>	 <p>www.thecalmzone.net/get-support</p> <p>CALM have a webchat, open 5pm-midnight everyday to discuss your worries.</p>
 <p>Telephone: 07480 635723 (Monday to Friday 9am - 4:30pm)</p> <p>Young Minds Matter Text support</p>	<p>School Nursing Team</p>  <p>See Mr Dillon or Miss Cooper to book an appointment to see Sally or access the 'drop in' Monday Lunchtimes in the meeting room.</p>	<p>shout 85258</p> <p>here for you 24/7</p> <p>Text the word 'SHOUT' to 85258 for text support. Open 24/7.</p>	<p>childline</p> <p>ONLINE, ON THE PHONE, ANYTIME childline.org.uk 0800 1111</p> <p>Talk about anything on your mind. Call or chat online.</p>	 <p>Counselling, Support and Care for Young People and Families</p> <p>Visit www.ticplus.org.uk/interact/ to sign up for three, weekly, live online sessions on how to manage difficult emotions.</p>
 <p>Download the 'Clear Fear' app for help with anxiety.</p>	 <p>See Miss Cooper, an ISW or SWO for free period products. Anytime.</p>	<p>Need help in a mental health crisis? Call: 0800 169 0398</p> <p>#HereForYou</p> <p>Mental Health Crisis line. Open 24/7.</p>	 <p>Download the 'Calm Harm' app for support with self-harm.</p>	 <p>Download the 'Worth Warrior' app for support with negative body image and self-worth.</p>