



Striving for Excellence Together

Need Help?

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

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