



Supporting our students

Where and
who can I
get help
from?

Family and Friends

Peer Mentors, Student Ambassadors and Form Tutors

Progress and Pastoral Teams

Kooth- online support service
SHOUT 85258- text service

Schools Safeguarding Team- Mrs Paice and Mr Thornalley

School Counsellor- Needbright Solutions, ELSA
Mental Health Champions

External Support, such as Healthy Minds, CAHMS and NHS
Mental Health Support Team