

Happy Well-being Wednesday!



PEER MENTORING

A team of trained KS4 students offering you support

I am worried.....
Who can I talk to for help?
I don't want to talk to an adult



Drop into S1 Thursday
lunchtimes between
12.35pm - 1pm
to have a chat

or

Fill in the request slip located
outside the downstairs toilets
and post it in the black post box

The mentoring team will
then get back to you



Are you feeling down but worried about talking to an adult?

Peer mentoring is the perfect solution for you. A team of students have been trained to support you, who are really friendly. Give it a go, talking it through is really helpful 😊

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Mental health ambassadors

About us :

There are activity books that you can do and there is a worry box located in the library if it is not there you can ask the librarian.

If you don't feel comfortable talking to us as a group you can just talk to us separately.

You can also speak to your head of year if you want or you can speak to Mrs Selfe, miss Moore or a trusted adult, teacher or friend..



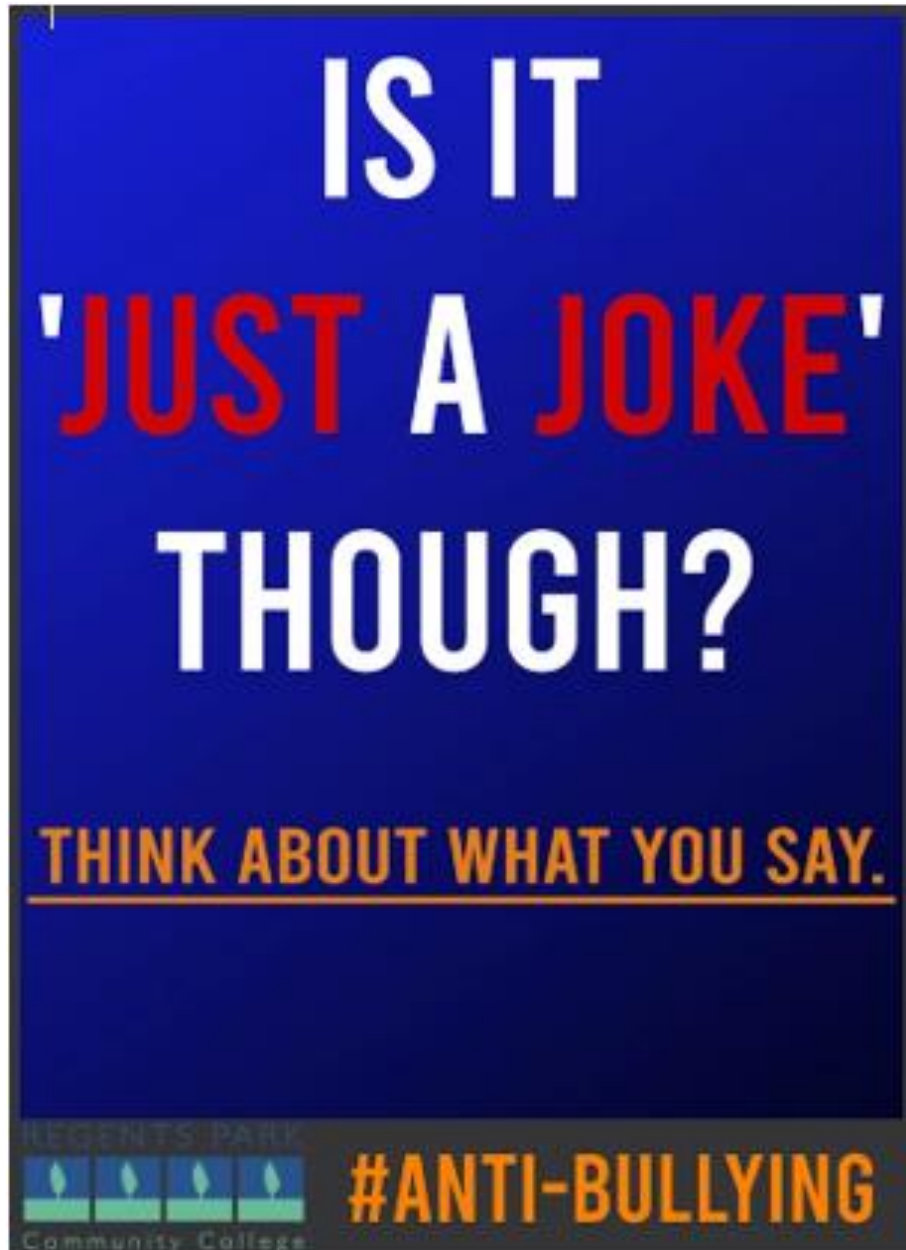
You will find us in the library on:
Mondays, Wednesday's and Friday's at break and lunch and sometimes tutor times.



Are you feeling down or lonely?

Our Mental Health Ambassadors are here to help. They have been trained by No Limits and have a section of the library dedicated for you. There are resources there to use such as colouring, mindful sticker books, puzzles... You are welcome to join them for a friendly chat or even just use the resources to help clear your mind 😊

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Are you being bullied?

Our Anti-bullying ambassadors are here to help. They are in the process of coming into tutor time to introduce themselves to you and to create a board around school with information and they have been developing the antibullying policy.

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Our safe place stickers are situated all over the school site. If you see one, this is a safe place for you to go to if ever you need to take a moment or talk to a member of staff, we are always here to help you 😊

Where to get help if you need support:



www.kooth.com

- Tutors
- Head of year support
- Head of year
- Teachers
- Support staff
- Mental Health support workers
- SLT
- Duty team
- Mental health Ambassadors
- Safe space stickers
- Library with a range of resources
- Anti-bullying ambassadors
- Peer mentoring program

