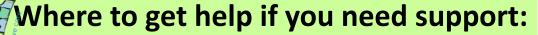
Happy Well-being Wednesday!



The effects of bullying on Mental health



Happy Well-being Wednesday!





0808 808 8141 (Mon-Fri 9-5)

> Samaritans 116 123

(24hrs free)

National Centre for Domestic Violence 0207 186 8270

(Mon-Fri 9-5or8pm)



@RPCC there is so much support.

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

