

Pupil/Student Wellbeing Advice

Wellbeing is a state of being comfortable, happy and healthy. There are many aspects that contribute towards our mental health including relationships, physical health, confidence and feelings of safety.

It is OK not to be OK, and if you are struggling with your mental health then you are not alone. Things can get better, and below is some advice to help support your wellbeing, or the wellbeing of your friends.

I don't want to talk to anyone in school, but want to find out things for myself or speak to someone else.

If your life is at imminent risk, please call 999 for immediate help.

There are lots of different websites which can help and give advice to support your wellbeing and mental health. These include:

On Your Mind - <https://www.onyourmind.org.uk/children-and-young-people/>
Advice to help with lots of things that can affect mental health



www.childline.org.uk

You can contact Childline about anything and there are lots of ways to speak to a Childline Counsellor, or to get support from other young people. If you want to speak to someone then you can call 0800 1111

YOUNGMINDS

www.youngminds.org.uk

Loads of practical tips and advice from young people just like you, as well as information on getting the support you need.



here for you 24/7

Text 'shout' to 85258 for free, confidential, anonymous text support service.

 **TeenTalk**

www.teentalk.org.uk

You can speak to a counsellor at TeenTalk by contacting them through their website or phoning 01225 667328.



www.papyrus-uk.org

If you or one of your friends isn't coping with life, you can contact HOPELINE247 for confidential suicide prevention advice. You can call 0800 068 4141, text 07860 039967 or email pat@papyrus-uk.org.

I would like my parents or carers to know how to help me.

Ask them to have a look at the school website and look under Wellbeing – there are lots of links to websites and resources to help.

I would like to speak to someone in school.

You can speak to any adult in school, we are here to help and happy to talk through any worries you have. This includes your tutor, Pastoral Manager and Learning Manager, who can advise you or help you to get the support you need.

We appreciate it isn't always easy to speak to someone during a busy school day, so you can fill out this form and they can catch up with you: <https://forms.office.com/e/pNnvTtnZH0>

I would like some 1 to 1 support.

Your Pastoral Manager can refer you to Hannah or Byron, our School Counsellors. We also have strong links with our local Mental Health Support Team, who are trained to help with wellbeing and mental health.

The school nurse can also help and support with wellbeing worries, there is a drop-in every Tuesday lunchtime.

I've tried these, but I still need more help.

The next level of support is a CAMHS (Child and Adolescent Mental Health Services) referral. Your Pastoral Manager will be able to help with this.

If you would like to refer yourself to CAMHS, you can complete this online form:

<https://secureforms.oxfordhealth.nhs.uk/camhs/Wiltshire.aspx>

If you're not sure what to do next, then speak to any trusted adult in school and we can listen and help you.

DO YOU HAVE QUESTIONS OR WORRIES ABOUT...



We have lots of help and support here at Hardenhuish School...



wellbeing

- ✓ Your Tutor - daily check-in and tutor mentoring
- ✓ Pastoral Manager (PM) - wellbeing support and advice
- ✓ Learning Manager - support with your learning
- ✓ School Counsellors - book a session through your PM
- ✓ School Medical Officer - for your medical needs
- ✓ School Nurse - Tuesday drop-in sessions
- ✓ Nurture - a calm support space at The House

MENTAL HEALTH



and WELLBEING?



ChildLine

0800 1111

childline.org.uk

1-2-1 counsellor chat: phone & online



01225 667328

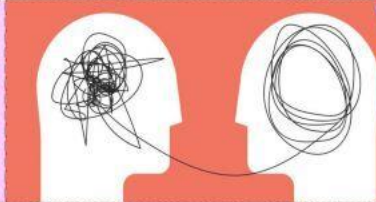
YOU ARE NOT ALONE



I am struggling to cope...

WEBSITES...

- youngminds.org.uk
- onyourmind.org.uk
- teentalk.org.uk



Text: **shout**
85258
here for you 24/7

YOUNGMINDS

PAPYRUS
PREVENTION OF YOUNG SUICIDE

HOPelineUK
0800 068 41 41
www.papyrus-uk.org