

Wellbeing Support

In school Support:

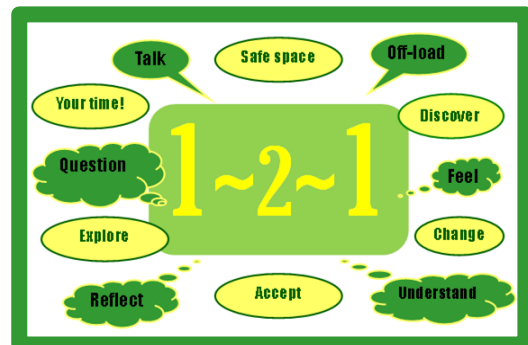
School Nurse Support:

Want to speak with our school nurse at school? Our school Nurse, Joanna, offers drop-in sessions each Tuesday lunch time in C26. You can also refer yourself to the School Nurse Programme [{hyperlink referral form}](#), offering 4 sessions to discuss your wellbeing. **Want to speak with a school nurse outside of school?** Contact the number on the poster to get advice for your wellbeing:



121 Support:

Need to speak with a member of the 121 Team in school about your wellbeing or mental health? Self-refer using this email address: 121team@stbcc.org



Want to know more about wellbeing or want some wellbeing advice? Check out these great wellbeing services for young people:



Hyperlink pictures: <https://www.childline.org.uk/info-advice/>

<https://www.youngminds.org.uk/>

<https://www.healthforteens.co.uk/>

Want to take an active role in your wellbeing? Check out what wellbeing projects Off The Record have to offer:



Hyperlink picture: <https://www.otrbristol.org.uk/what-we-do/>

Want to talk to someone about your wellbeing outside of school? Talk to a safe adult who can support you with your wellbeing:

Hyperlink pictures:

<https://www.childline.org.uk/get-support/1-2-1-counsellor-chat/>

<https://www.kooth.com/>



24/7 services:



Are you a Young Carer and want some additional support?

Speak with Ms Smith, our Young Carer's Lead and check out [picture
https://www.carersbsg.org.uk/young-carers/overview](https://www.carersbsg.org.uk/young-carers/overview)



For further wellbeing support check out our wellbeing directory! [student
wellbeing directory](#)