

Student Wellbeing

Who can you speak to in school about ANY issue?

Teachers

Head of House














1-2-1 Team









Tutor

Pupil Support

Safeguarding Team

Where can I find additional support outside of school?

Support for:	With:	Website:	Phone:	APPs:
Healthy Eating		https://beezee.maximusuk.co.uk/beezeefamilies/		
Physical Wellbeing		https://www.healthforteens.co.uk/lifestyle/exercise/7-reasons-why-exercise-makes-your-life-better/		
Friendship Issues		https://www.healthforteens.co.uk/relationships/friendships/		
Exam Stress		https://youngminds.org.uk/find-help/feelings-and-symptoms/exam-stress/		
Low Mood		https://movemood.stem4.org.uk/		
Anxiety		https://www.youngminds.org.uk/young-person/mental-health-conditions/anxiety/	03444 775 774	
Sleeping Difficulties		https://youngminds.org.uk/find-help/feelings-and-symptoms/sleep-problems/		
Bullying and Cyber bullying		https://youngminds.org.uk/find-help/feelings-and-symptoms/bullying/ https://www.childline.org	08088002222	

		.uk/info-advice/bullying-abuse-safety/types-bullying/		
Body Image	 	https://www.childline.org.uk/info-advice/you-your-body/my-body/how-you-look/ https://youngminds.org.uk/find-help/feelings-and-symptoms/body-image/		
Healthy Relationships		https://www.disrespectnobody.co.uk/		
Sexual Health		https://www.brook.org.uk/		
Gender and sexuality		Freedom - OTR		
Racism and Racial Bullying		https://www.childline.org.uk/info-advice/bullying-abuse-safety/crime-law/racism-racial-bullying/	0800 1111	
Bereavement		https://www.winstonswish.org/	0808802 0021	
Drugs		https://www.talktofrank.com/	0300 123 6600	
Young Carers		http://www.carerssupportcentre.org.uk/young-carers/	0117 9652200	