



## Student Support and Wellbeing

Welcome to our student wellbeing and support document. If you are worried about anything, whether it is something that you feel is really big or very small, **we always recommend that you should speak to someone you trust either at home or at school** so that they can help you to get the support you need. If this doesn't feel possible, the phone numbers and links below can help you find out more about something that is worrying you or enables you to speak to someone if you do not feel that you have anyone else to turn to. This does not stop you from speaking to someone at home or school as well; **we will always want to help you and keep you safe so please, don't suffer in silence.**

### Concern for others:

If you are concerned about a friend or family member, it may feel like you are breaking their confidence by telling someone, but if you are worried that they are at risk of harm to themselves or from other people, there are always ways to make things better. Remember, friends or family will thank you for speaking out when they feel safe and things have improved.

**If You, or anyone else you know is at imminent risk of harm or if there is an emergency, Dial 999 immediately - don't hesitate!**

### To get support from staff or students In School:

- You can email school staff for support: [wellbeing@nortoncollege.net](mailto:wellbeing@nortoncollege.net) You can ask to speak to any member of staff.
- You can email [studentwellbeing@nortoncollege.net](mailto:studentwellbeing@nortoncollege.net) to get support from a member of the 6<sup>th</sup> Form Student Leadership team

Mrs Barber and Mrs Waines will be monitoring and supporting students with this.

### To get national or local support:

You can access any of the following organisations, they are hyperlinked to the specific pages where you can get support or find information. You can recommend them to a friend too.

#### Child-line - Phone: 0800 1111

Child-line is a free, private and confidential service where anyone under the age of 19 can talk about anything. There are also options to instant message or email a counsellor on their website [Child-Line](#)

Child-line hosts [online message boards](#) where you can share your experiences, have fun and get support from other young people in similar situations. You can [Sign up](#) for a free Childline locker to use their [free 1-2-1 counsellor chat](#) and email support service. Opening times are from 9am until midnight, 365 days a year.

### **Mental Health and Wellbeing**

#### **Support:**

- [Kooth](#)
- [Compass Buzz](#)
- [Young Minds](#)
- [Samaritans](#)

#### **Internet Safety:**

- [Net-Aware](#)
- [Think U Know](#)
- [CEOP](#)
- [Childnet](#)

#### **Drug and Alcohol:**

- [FRANK](#)
- [Young Minds](#)

#### **Young Carers:**

- [Carers Resource](#)

#### **Bereavement:**

- [Young Minds Grief and Loss](#)
- [The Good Grief Trust](#)
- [Grief Encounter](#)

#### **LGBT+:**

- [Switchboard](#)
- [Stonewall](#)

#### **Anti-Bullying:**

- [National Bullying Helpline](#)
- [Stop Bullying.Gov](#)
- [Educate Against Hate](#)

#### **SEND:**

- [National Autistic Society](#)
- [ADHD Foundation](#)
- [Dyslexia association](#)