

The Team

We are very lucky to have a fantastic team of colleagues on hand to support students in school. They are;



Mrs Barnes



Mrs Horgan



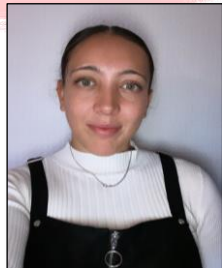
Amy Randall



Lei Hallows



Ellen Chitaukire



Yasmin Dummett

Top Tips:

There are a number of coping strategies that young people find helpful. The most common are listed below:

- Talk to someone you feel comfortable with.
- Do something you enjoy (such as drawing, writing, dancing, watching a film, etc...).
- Do some light exercise (such as going for a walk).
- Listen to music.
- Do some relaxation/mindfulness techniques.
- Call or text one of our recommended helplines.
- Focus on your breathing. You could try some breathing techniques to slow down your heart rate.

Are you concerned?

If you have concerns about your young person and would like to discuss them with a member of staff in school, please contact one of the following;

- The Pastoral Manager or Head of Year for your young person
- Mr Todd (Student Mental Health and Personal Development Lead)

Mental Health Support

Leaflet 2



Information about the support that we offer in school

Further information:



ELSA support is an individualised support programme designed to meet the emotional needs of children and young people. The principle is that children learn better and are happier in school if their emotional needs are also addressed.



East to West is a charitable organisation which offers support for a wide range of needs being faced by young people. Relational support workers and counsellors work alongside young people to understand their situations, grow their confidence and help them thrive.



The Mental Health Support Team offer a school-based service which supports the mental health of young people in schools across Surrey. They offer support and advice to key people around the child or young person to enable them to identify any concerns, understand what has happened for that child or young person and support any developing mental health needs.

Useful websites:

CYPS Crisis Line: Open 24/7 on (0800) 915 4644.

CYP Haven: Access their website at www.cyphaven.net

MindWorks:

Emotional and wellbeing support for young people. You can access their site at www.mindworks-surrey.org

ChildLine:

You can call (0800) 1111 to speak to a counsellor or go to www.childline.org.uk for an online 1-2-1 chat with a counsellor. You can also post on their message boards.

Samaritans:

Call 116 123 if you need someone to listen to you, and this service is available 24 hours a day. You can also go to www.samaritans.org for more information.

Beat (Eating Disorders):

If you are struggling with an eating disorder, call (0808) 8010 677 or visit www.beateatingdisorders.org.uk

YoungMinds:

A service featuring a lot of support, including a crisis chat messenger. Find their site on www.youngminds.org.uk

Kooth:

A useful website service that offers a lot of useful information. Visit www.kooth.com to find out more.

Useful apps:



Calm Harm: An app to help you resist self-harm urges.



What's Up: An app that uses CBT (cognitive behavioural therapy) approaches.



Daylio: A self-care journaling app.



Catch It: An app to help you understand your moods by keeping a mood diary.



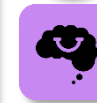
Calm: An app that helps you sleep more, stress less and live mindfully.



Headspace: An award-winning app that supports your mental health through mindfulness and meditation.



StayAlive: A suicide prevention app.



Smiling Mind: An app that helps you manage the ups and downs of daily life.



Moodnotes: A mood tracking and journaling app that helps you avoid common thinking traps.



7Cups: An app that offers anonymous emotional support and counselling from trained active listeners.



SupperBetter: An app that helps you improve mental health, resilience and social-emotional skills.



Happify: Science-based activities and games that can help you overcome negative thoughts, stress and challenges.