

*Here to Help
Everybody
Everyday*



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Student Support Guide

This guide explains what you should do if you feel worried about something and how to raise concerns about yourself or others.

It could be about anything, including:

- Bullying, including cyber bullying , or online safety
- Racist, homophobic, or gender-related abuse
- Worries about your home life
- Friendship or relationship issues
- Struggling in lessons, with your work or with exams
- Personal problems or confusion over your identity
- Mental Health or your wellbeing
- A friend of yours who is struggling with any of the above

Firstly, tell someone. You can talk to or e-mail:

- Your Form Tutor or a Mentor
- Your Student Progress Leader
- Mrs Eyre, as your Designated Safeguarding Lead
- Medical Room Supervisor
- Any other members of staff you know, your parents/carers, or another trusted adult

There may be times when you feel you cannot talk to a member of staff. Consider:

- Tootoot—to inform us anonymously of your concerns—link on school website
- Zumos—advice and links to support from other websites on lots of issues—www.zumos.co.uk
- Child Line – **0800 1111 (FREEPHONE)**
- Frank – National Drugs Helpline – **0300 123 6600** or text **82111**— www.talktofrank.com
- Victim Supportline - support after a crime— **0845 3030900**
- Samaritans - 24 hour emotional support – **116 123**—www.samaritans.org
- NHS Choices - medical concerns - **111**
- Brook Services - relationship and sexual health advice— www.brook.org.uk
- Runaways—if you are thinking of leaving home—**116 000**—www.runawayhelpline.org.uk
- Face up to it—Consent, relationships, and exploitation—www.faceup2it.org
- Mind—advice for Mental Health—**0300 123 3393** or text **86463**—www.mind.org.uk

Remember: everyone mentioned on this page is here to help you.

Don't suffer in silence.

These details and more updates can be found on the Safeguarding section of the school website.