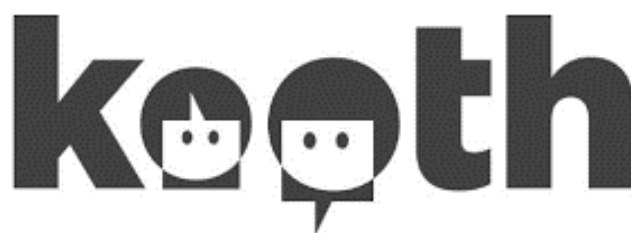




Support for Students

We prioritise the mental, as well as physical, wellbeing of our students. The school's Student Focus Centre (SFC) provides a safe and confidential environment to help you share their thoughts and ideas without fear of judgement. Please contact a member of staff if you would like to access the SFC or email: WellBeing@newlandsgirls.co.uk.

There are also lots of other places outside school where you can access support if you need it. Please take a look at the information below - if you click on the links it will take you through to their websites where you can find out more.



[Kooth](#) offers free, safe and anonymous online support for young people. You can message a counsellor, read articles written by young people, get support on the moderated online discussion boards, set goals or write a journal to track how you're feeling. Kooth counsellors are available until 10pm every day.



[ChildLine](#) offers free, private and confidential service for children and young people 24/7. You can contact ChildLine by email, 1-2-1 counsellor chat or on the phone and talk to a counsellor about anything, no matter how small. Their website has loads of information and videos with advice and a moderated message board to write how you're feeling, share your experiences with other young people or ask a question. There's also an art box to express how you feel creatively.

YOUNG MiMDS

[Young Minds](#) is the UK's leading charity fighting for young people's mental health. Their website has lots of information and advice. If you need urgent help for a mental health crisis you can text the Young Minds Crisis Messenger for free on major networks, 24/7. Text YM to 85258.



[Papyrus](#) is the national charity dedicated to the prevention of young suicide. Their website has lots of information and advice. You can call their Hopeline on 0800 068 4141 9am-10pm on weekdays and 2pm-10pm at weekends and bank holidays for confidential support and advice if you are experiencing thoughts of suicide or if you're concerned about another young person.

[Shout](#) is a 24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to

cope and you need immediate help. Text SHOUT to 85258.



[Samaritans](#) offers a free, 24/7 helpline for anyone with any problem, no matter how small. Call 116 123.



Contact Us

Please feel free to email any suggestions about resources and support to:

katebretherton@newlandsgirls.co.uk

Acknowledgements

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