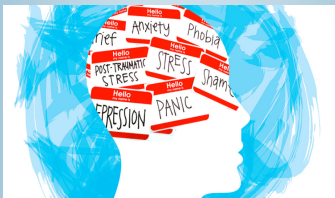


## How can I access the school Counselling service?

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If you feel that you need to talk to your school counsellor then please go to your head of year in the first instance, they can then refer you on for some support. Please note, there may be a waiting list but you will be seen as soon as possible.



## What is Counselling?

Counselling can offer a safe, private and confidential space for you to explore any difficulties you are experiencing. You can express yourself without being judged and are given an opportunity to explore and understand what has caused you to struggle. We can then look at ways in which you can begin to move forwards.

*it's okay  
not to be  
okay*

## School Counselling Service

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Are you struggling with anything? Do you feel you need to talk to someone about how you are feeling? If you are, please take a look through this to find services available to support you in maintaining positive mental health and wellbeing.

## External Support Services

- ⇒ GP—Anxiety, Low mood or not coping with everyday life
- ⇒ Samaritans—This service provides emotional support to anyone who is in distress, struggling to cope or at risk of suicide. Tel: 116123 [www.samaritans.org](http://www.samaritans.org)
- ⇒ Shout—Crisis Helpline and text service. [www.giveusashout.org](http://www.giveusashout.org)
- ⇒ MIND—Mental Health Service. [Mind.org.uk](http://Mind.org.uk)
- ⇒ Kooth—online counselling [kooth.com](http://kooth.com)
- ⇒ MeeTwo—[meetwo.co.uk](http://meetwo.co.uk)—free app for teenagers
- ⇒ ChildLine—confidential support service. Tel: 0800 1111
- ⇒ Talk to Frank—support and advice for substance misuse. Tel: 0300 123 6600 Text: 82111 [talktofrank.com](http://talktofrank.com)

## External Support Services

- ⇒ No panic—Support for anxiety disorders, panic attacks, phobias and OCD. Tel: 0330 606 1174 [nopanic.org.uk](http://nopanic.org.uk)
- ⇒ Beat—support for eating disorders. Tel: 0808 801 0711 [beateatingdisorders.org.uk](http://beateatingdisorders.org.uk)
- ⇒ Apart of me—online App providing a space to grieve.
- ⇒ Grief Encounter—child bereavement charity. Tel: 0208 371 8455 [griefencounter.org.uk](http://griefencounter.org.uk)

## Top tips for Self Care

- ⇒ Don't believe your thoughts
- ⇒ Exercise
- ⇒ Be grateful
- ⇒ Breathe
- ⇒ Accept your feelings
- ⇒ Do things you enjoy
- ⇒ Spend time with people you like
- ⇒ Have compassion

## Safeguarding

If you are concerned for your welfare or the welfare of someone else, please speak to your form tutor, your head of year or a member of the safeguarding team (posters around school)

You do not need to cope alone