



LRGS Who To Turn To

If the **Activating event** and your **Beliefs** about yourself or others leads to **Consequences** which aren't healthy or helpful, remember your Penn Resilience Skills then turn to someone for help.

It is important that you know **who to turn to** if you are in trouble or are uncertain about what to do; depending how things are the people and approaches below may be able to help.

Remember: asking for help is a strength, not a weakness.

Not quite ready to ask for help in person?

help@lrgs.org.uk
or text 07825166762

1

Remember your PRP skills:

- The A B C model
- Self talk and generating alternatives
- Look for evidence
- Putting things into perspective and don't catastrophise
- Hot seat tag lines
- Be assertive
- DEAL
- Negotiate
- Overcome procrastination

2

Welfare, Guidance, Interests & Exercise

Talk with your friends, family and carers.

Turn to the **Prefects** who run many of the **Clubs and Societies**.

Mr. Fisher co-ordinates **Sixth Form Academic Mentors & Homework Club** which support boys with their school work.

The staff in **Lee House, Wyresdale House or City View** are always helpful.

Books and leaflets are available in the **Well-being Library** just inside the main library entrance.

Find a **helpful app** at: lrgs.lancs.digitalhealthyschools.co.uk

Talk to your Form Tutor about getting organised and looking after your wellbeing.

3

Mental Ill-health, Wellbeing and Interpersonal Problems

Student Support is a self-refer 'drop in' listening service co-ordinated by Mrs. Gibbon in Wyresdale House.

The **Chaplaincy** is a quiet study space for Sixth Formers during lesson time. At other times it is a safe, welcoming space for all.

The Independent Listeners are people who have experience with helping people. You can email them on:

PCSO 7021 Gareth Davies
Gareth.Davies2@lancashire.pnn.police.uk

Nawaz Munchi
(Fenton St. Mosque)
nawazmunshi@googlemail.com

Rev. Carol Backhouse
(Christ Church)
revcarolbackhouse@gmail.com

Medical Centre - if you feel ill during the day **first tell your class teacher**, you may then go to the Medical Centre.

4

Specialist School Based Services

Discrete **counselling referrals** can be made through your Head of Year or Mrs. Gibbon in Wyresdale House.

Graham Spavin & Sara Bridson are the **School's Counsellors**.

We also run **Achieve Change and Engagement (ACE)** counselling sessions.

Sister Moghaddam is the **LRGS School Nurse**. She has a wealth of experience in helping students with pastoral issues. You can contact her on: 07810 396540 cmoghaddam@lrgs.org.uk

Claire Dillon is our **NHS School Nurse**. You can meet with her for health and well-being advice.

Ms Jenkinson (SENDCo) is available for **Learning Support** in Wyresdale House.

5

Specialist External Services

Your **GP** for health worries.

Accident & Emergency Services: dial 999 for Ambulance or Police.

NHS 111 can help with an urgent medical problem if you're not sure what to do.

youngminds.org.uk are the UK's leading charity fighting for children and young people's mental health.

Child and Adolescent Mental Health Services LSCFT CAMHS help children, young people and their families when they are feeling sad, worried or troubled.

NHS Mindsmatter are a well-being service offering a range of free psychological therapies to people aged 16 and over in Lancashire.

BEAT is the UK's leading charity supporting anyone affected by eating disorders, such as anorexia or bulimia.

We Are With You is a charity that supports people to make positive changes with alcohol and drug misuse.

PAPYRUS is the national charity dedicated to the prevention of young suicide.

CHILDLINE 0800 1111 www.childline.org.uk

Samaritans Freephone 116 123 www.samaritans.org

Children's Commissioner – Freephone 0800 528 0731 or visit 'Help at Hand' help.team@childrenscommissioner.gov.uk

Your Form Teacher

is the key person to help in many school matters such as your relationships with peers, bullying, behaviour, academic worries, or uncertainty about aspects of school life.

Your Heads and Assistant Heads of Years are a team set up to help with more serious or complex issues, although they're happy to help at any time, they are...

Year 7: Mrs. Page (Head of Year)

Years 8 & 9: Mr. Young (Head of Year) & Mrs. Boak (Assist. Head of Year)

Years 10 & 11: Mr. Ralston (Head of Year) & Mr. Yates (Assist. Head of Year)

Sixth Form: Miss Haigh (Head of Year), Mr. Reynolds or Mrs. Marshall (Assist. Heads of Year)

Boarders may choose to turn to their Housemaster, Matrons or other Boarding House staff who work in the boarding houses.

Dr. Rowe is the Head of Boarding, he is responsible for the boarding life of the school.

The school's Designated Safeguarding Leads are

Mr. Hallsworth (DSL) and Mr. Millatt (Deputy-DSL) who are responsible for Child Protection issues in school.

Deputy Head (Pastoral Care)

Mr. Hallsworth is responsible for pastoral care across the whole school. He is always happy to help with any issues or concerns you may have.