



Early Help Offer: Who To Turn To

'Early Help' means acting **early in the age of a problem**, before it grows into something much bigger. Our early help offer is called **Who To Turn To**. It's a list of strategies, people, places, and services pupils can access if they have a problem and need some help.

Find a helpful app at:

<https://lrgs-lancs.digitalhealthyschools.co.uk/>

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Happy dealing with stuff yourself?

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

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Just need a bit of help?

Your Form Teacher is your **first point of contact** to help in many school matters such as your relationships with peers, bullying concerns, behaviour, academic worries, or uncertainty about aspects of school life.

Talk with your friends, family, and carers.

Turn to the **Prefects** who run the **Clubs & Societies**.

Mr. Davies-Taylor co-ordinates **Sixth Form Academic Mentors & Homework Club** which support pupils with their school work.

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

The **Well-being Library** is just inside the main library entrance.

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Want to offload your worries?

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

Mrs. Haywood offers a listening service to Sixth Formers in the SF Centre.

The **Chaplaincy** is a quiet, safe, welcoming space for people of any or no faith.

The **Independent People** don't work for the school but have experience in helping others:

Rev. Carol Backhouse is one of our Independent People, you can contact her on: 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.

Try **Kooth.com** for free online mental health support for young people.



Not quite ready to ask for help in person?

help@lrgs.org.uk

Want some help getting your voice heard? Check out your advocacy options.

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Need help from someone a bit more specialist?

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

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

The senior pastoral team are **Youth Mental Health First Aiders**.

Mr. Hallsworth and **Mrs. Gibbon** have **ASIST** suicide intervention training.

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

If you're worried about mental or physical health, or eating disorders you can contact **Sister Moghaddam LRGs School Nurse** on: 07810 396540 cmoghaddam@lrgs.org.uk

You can meet with an **NHS School Nurse** for health and well-being advice.

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

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Time to contact an expert?

Specialist External Services

Your GP for health worries.

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

NHS 111 can help with a 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 if 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 beateatingdisorders.org.uk

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

PAPYRUS is the national charity dedicated to the prevention of young suicide www.papyrus-uk.org

Papyrus Hopeline
Call: 0800 068 4141
Text: 07860039967
Email: pat@papyrus-uk.org

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'** childrenscommissioner.gov.uk

Your Heads and Assistant Heads of Years are a team set up to help with more serious or complex issues:

Year 7: Mrs. Page (Head of Year)

Years 8 & 9: Mr. Young (Head of Year) & Mr. Rosbottom (Assistant Head of Year)

Years 10 & 11: Mrs. Boak (Head of Year) & Mr. Yates (Assistant Head of Year)

Sixth Form: Mr. Martin (Head of Sixth Form), Mr. Fisher (Year 12) or Mrs. Gibson (Year 13)

Boarders may choose to turn to their Housemaster, Matrons, other boarding house staff, or Dr. Rowe (Head of Boarding).

Deputy Head (Pastoral Care) & Senior Mental Health Lead:

Mr. Hallsworth is responsible for pastoral care across the school.

Designated Safeguarding Leads:

If you're worried a child is at risk of harm and needs protecting, you should speak to **Mr. Hallsworth (DSL)** or **Mr. Millatt (Deputy-DSL)** who are responsible for Child Protection issues in school - anyone can call **Children's Social Care** on 0300 123 6720 or out of hours 0300 123 6722 to report a concern.