



# 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.

Well-being drop in  
with **Well-being Prefects**:  
RFB room @ lunchtime

## 1

### Happy dealing with things yourself?

Remember your  
self-regulation 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

### Just need a bit of help?

Your Form Teacher is your first point of contact to help with many aspects of school life.

Talk with your friends, family, and carers.

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

There's a quiet space run by Learning Support in 'The Hub' at lunchtimes.

Mr. Swarbrick 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.

You can borrow **books** on **well-being** themes from the Library or Wyresdale House.

## 3

### 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](mailto: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.



## 4

### Need help from someone a bit more specialist?

Referrals to our **Mental Health Practitioner** or **Counsellor** can be made through your **Head of Year** or **Mrs. Gibbon**.

The senior pastoral team are



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

Speak to **Sister Moghaddam (School Nurse)** about health worries including eating disorders on: 07810 396540 [cmoghaddam@lrgs.org.uk](mailto:cmoghaddam@lrgs.org.uk)

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

**Mrs. Nelson (SENDCo)** is available for **Learning Support** in **The Annexe**.

## 5

Time to contact  
an expert?

**Specialist  
External Services**



**YOUNGMINDS**  
fighting for young people's mental health  
a young people's mental health charity  
[youngminds.org.uk](http://youngminds.org.uk)



**Child and Adolescent  
Mental Health Services**  
(CAMHS)  
[www.healthyyoungmindslsc.co.uk](http://www.healthyyoungmindslsc.co.uk)

**Lancashire &  
South Cumbria  
Talking Therapies**

Over 16? You can self-refer to  
**Lancashire  
Talking Therapies** online



[beateatingdisorders.org.uk](http://beateatingdisorders.org.uk)



positive changes with  
alcohol and drug misuse  
[www.wearewithyou.org.uk](http://www.wearewithyou.org.uk)



A charity dedicated to the prevention of young suicide  
[papyrus-uk.org](http://papyrus-uk.org)

**CHILDLINE** 0800 1111  
[www.childline.org.uk](http://www.childline.org.uk)

**Samaritans** 116 123  
[www.samaritans.org](http://www.samaritans.org)

**Children's Commissioner**  
Freephone 0800 528 0731  
or visit 'Help at Hand'  
[childrenscommissioner.gov.uk](http://childrenscommissioner.gov.uk)

Firstly, see if your **Form Tutor** can help, then if needed...

...the **Heads of Years** can help with more complex issues.

**Miss Booth (Head of Year 7 & Transition)**

**Mr. Young (Head of Lower School: Years 8 & 9)**

Dr. Shawcross (Head of Year 8) & Mr. Rosbottom (Head of Year 9)

**Mr. Fisher (Head of Middle School: Years 10 & 11)**

Mr. Jacques (Head of Year 10) & Mr. Fenton (Head of Year 11)

**Mr. Martin (Head of Sixth Form)**

Mrs. Boak (Head of Year 12) & Mrs. Gibson (Head of 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 will act on any child protection concerns in school - anyone can call **Children's Social Care** on 0300 123 6720 or out of hours 0300 123 6722 to report a concern.