



Our 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

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Happy dealing with things 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
- D E A L
- Negotiate
- Overcome procrastination

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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.

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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 or **Mrs.
Haywood** 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, you can
contact our **Independent
Listeners**:

Rev. Carol Backhouse
revcarolbackhouse@gmail.com

Dr. Irene John
flagminister@hotmail.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.



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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 or
Sister Lashley
(**School Nurses**) about health
worries (including eating
disorders) in the Medical
Centre.

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

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

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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



**Child and Adolescent
Mental Health Services**
(CAMHS)
www.healthyyoungmindslsc.co.uk

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



beateatingdisorders.org.uk



positive changes with
alcohol and drug misuse
www.wearewithyou.org.uk



A charity dedicated to the
prevention of young suicide
papyrus-uk.org

CHILDLINE 0800 1111
www.childline.org.uk

Samaritans 116 123
www.samaritans.org

Children's Commissioner
Freephone 0800 528 0731
or visit 'Help at Hand'
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 & Primary Transition)

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

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

Mr. Fisher (Head of Middle School)

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

Mr. Martin (Head of Sixth Form)

Mrs. Gibson (Head of Year 12) & Mrs. Boak (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.