



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; 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

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Remember your PRP skills:

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

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Welfare, Guidance, Interests & Exercise

Talk with your friends, family and carers.

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

Mr. Rafferty co-ordinates **Sixth Form Academic Mentors** who 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 **Wellbeing Library** just inside the main library entrance.

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

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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

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

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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 and Mags McNeill 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

Anita Sloane is our **NHS School Nurse**. You can meet with her for health and wellbeing advice.

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

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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.

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

Addaction 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 Head and Assistant Head of Year
is a team set up to help with more serious or complex issues, although they'll be happy to help at any time.

	Head of Year:	Assistant Head of Year:
7	Mrs. Page	Mrs. Boak Mr. Yates Mr. Reynolds or Mrs. Marshall
8 & 9	Mr. Young	
10 & 11	Mr. Ralston	
Sixth Form	Miss Haigh	

Boarders may choose to turn to
their Housemaster, Matrons or other Boarding House staffs.
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.