

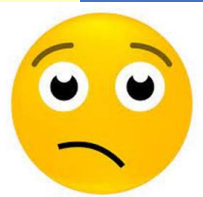


Learner contacts

2021-2022



What if I have questions or need advice or help?



What if I have questions or need advice or help?

The best action to take to promote good mental health, positive wellbeing, or if you, or someone you know, is at risk (including online) is to

Speak to a trusted adult!

Adults in school are here to listen to you:





What if I have questions or need advice or help?



- **Form tutors** are your point of contact each day to help you sort out any small issues and questions. They can also email other members of staff to tell them that you need to speak to them.
- **Teachers** will support you, help answer your questions or contact a member of staff for you.
- Your **Pastoral Leader** is **Mrs Cartlidge (Y7); Mrs Armstrong (Y8); Miss Reed (Y9); Mrs Kearns (Y10); Mr Stevenson (Y11)** - they will be around school at break and lunch times and can answer quick questions. You can ask to make an appointment to speak to them too. They deal with lots of issues including pupil wellbeing and can help with trickier concerns.
- Your **Progress Leader** is **Mrs Rundle (Y7); Mrs Brabbs (Y8); Mr Goodstadt (Y9); Miss Forrester-O'Neill (Y10); Miss Lockett (Y11)** - they can talk to you about any concerns about your learning or progress. It is best to make an appointment first.
- Safeguarding and wellbeing: **Mrs Vodrey**. An appointment can be made to discuss matters that may concern you. **Mrs Teague** works with Mrs Vodrey.
- **Mrs Hodges** is around school each day to help you.



At St John Fisher, we are here to help you. We will talk to you and make appointments if discussions may take a little longer. You can email too. We will work around your lessons so that you don't lose learning time. We answer emails at times when the school building is open – not out of school hours.

We are in school from a little before 8:30 am.

We close at 5pm.

What if you receive any email or electronic communication that worries you?

What if something just isn't right and you are worried?

You can email: safeguarding.sjfcc@ctkcc.co.uk

It can be against the law to share explicit images or videos. Just let us know you need to tell us about them.

This email box is checked during school hours.

If you are ever worried that you, or someone you know, is at risk of immediate harm, don't wait for school to open, phone the police.

<https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week>

Mental health awareness week: 9-15th May 2022

- This year's theme is **loneliness**.
- Building on our 'one kind word' antibullying theme, in the autumn term, how can you make:

**positive, meaningful connections with others
in what you do and say
face to face or on line**

to support your positive mental health and that of others?



Story to build positive wellbeing.

- <https://www.youtube.com/watch?v=vzKryaN44ss&t=3s>



What will you choose to
strengthen within you and to
bring into action

what will you choose to gently let
go of?

What will build your strength
today?

What can you do?
How can you be?

Recently, learners have valued support from:

If you need to talk or are worried about emotional or mental health, speak up space might be able to help.

www.speakupspace.org.uk



SPEAK UP SPACE
Instant Messaging

You can talk to us about anything that's important to you. We can listen, try to help you understand how you feel, find coping strategies and offer support.

Speak up Space is a local [confidential](#) service for young people up to the age of 18 years old. They have a messaging service, a telephone service and also online resources to help you.

Welcome to Staffordshire and Stoke-on-Trent Wellbeing Service

The way of improving access to talking therapies (IAPT) services provided locally is changing on 1st April 2020 with the launch of the new Staffordshire and Stoke-on-Trent Wellbeing Service. The new service will bring together existing IAPT teams in Staffordshire and Stoke-on-Trent into one fully integrated service with a single point of access.

Please continue to use the telephone, email & referral form on this site as normal until the new website is launched, which is planned to be soon. Many thanks.

This service is for any person 16 years and over experiencing anxiety, depression or stress.

The services provides access to evidence-based talkie therapies recommended by the National Institue for Health and Clinial Excellence (NICE) for the following common mental health problems such as;

Anxiety > Depression > Stress > OCD (Obsessive Compulsive Disorder) > PTSD (Post Traumatic Stress Disorder) > Panic Attacks > Phobias

[Self-refer online](#)

For young people 16+. Healthy Minds has been very useful – access through the wellbeing service:

<http://healthy-minds.org.uk/>

Other sources of support



If you need to talk or are worried about emotional or mental health, speak up space might be able to help.

www.speakupspace.org.uk



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Childline — information on lots of issues to read as well as free advice on difficult issues.

childline

ONLINE, ON THE PHONE, ANYTIME
childline.org.uk | 0800 1111

- **Call:** 1800 1111 (it's free and won't show on your bill)
- **Find information or chat live** through the website:

www.childline.org.uk

North Staffordshire and Stoke on Trent Wellbeing Service



North Staffordshire
Combined Healthcare
NHS Trust



Referrals: 0300 303 0923
General Enquiries: 0300 123 0907 #2
info@healthy-minds.org.uk



Staffordshire & Stoke-on-Trent Wellbeing Service
offers access to talking therapies, practical support and advice, quickly and easily.

- A fast acting service
- For people 16 years +

For wellbeing and mental health support!

Contact Us

Referrals: 0300 303 0923

General Enquiries: 0300 123 0907 (option 2)

You can contact us on the number above and we will endeavour to reply as soon as possible.

Please note the Staffordshire & Stoke-on-Trent Wellbeing Service runs between Monday to Friday, 9am to 5pm each day.

Outside these hours please contact the Access Team on

☎ 0300 123 0907 ^{option} 1

**Out-of-hours support can be gained via the
Staffordshire Mental Health Helpline 0808 800 2234**



Speak to our team

One to one focused support with our trained team, either by phone, webchat, or email.



Helpline

Did you know we have a free helpline for young people where you can talk to trained supporters about any issue that's troubling you? Call us on 0808 808 4994. We're open from 3pm to 12am every day.



Email

Email the helpline at any time and our trained supporters will respond within 24 hours.



Crisis Messenger

If you feel like you can't cope or are worried about how you are feeling, you can contact our crisis messenger 24 hours a day, 7 days a week. Our text messaging support service is free and for any issue. We provide in-the-moment support and problem solving when you need it most. This service is delivered in partnership with Crisis Text Line and Shout.



One to one chat

Live message our trained helpline supporters about any issue that is troubling you. We're open from 4pm to 11pm every day.



Counselling Services

The Mix Counselling service is suitable for you if you are looking for short-term help with your mental health and emotional wellbeing. Our Telephone counselling service is available to young people aged 25 years old and under. Our Webchat service is available to those aged 10-18 years old. Our counsellors aim to support by listening to your problems and helping you find ways to cope in a confidential, safe space.

If you are aged 18+ get support from The Mix

www.themix.org.uk

THE MIX

Essential support for under 25s

 **0808 808 4994**



Click for safeguarding information and advice: parents, carers, children and young people, professionals.

<h3>Away from home</h3> <p>Children starting school or work, and taking part in activities can be both exciting and worrying. We've got tips to help you keep children safe.</p> <p>Find out more</p>	<h3>Children's mental health</h3> <p>Advice on how to support your child if they're struggling with depression, anxiety, self-harm or suicidal thoughts.</p> <p>Learn more</p>	<h3>In the home</h3> <p>We've got advice to help children build up independence at their pace, keeping them safe both at home and if they're moving out.</p> <p>Learn more</p>
<h3>Online safety</h3> <p>From online games and video apps to sexting and online porn, we've got advice to help you keep your child safe online.</p> <p>Learn more</p>	<h3>Our services</h3> <p>Our services help children who've been abused, protect children at risk, and find the best ways to prevent child abuse from ever happening.</p> <p>Learn more</p>	<h3>Reporting child abuse and neglect</h3> <p>Whether you want to report child abuse and neglect, or are worried about a child and not sure what to do, we have advice for you.</p> <p>Find out more</p>
<h3>Sex and relationships</h3> <p>Advice around healthy relationships, sexuality, gender identity and support to help you keep children safe.</p> <p>Learn more</p>	<h3>Support for parents</h3> <p>Parenting can be rewarding, but it can also be challenging. We've got advice on dealing with babies and tantrums, to divorce and mental health problems.</p> <p>Learn more</p>	<h3>Talking about drugs and alcohol</h3> <p>Lots of parents are concerned about underage drinking and drug taking. Find out how you can keep your child safe and aware of the risks.</p> <p>Learn more</p>
<h3>Worried about a child?</h3> <p>If you're worried about a child or young person, you can contact the NSPCC helpline for support and advice for free - call us on 0800 800 5000 or contact us online.</p> <p>Children can contact Childline any time to get support themselves.</p> <p>Get support</p>		

What if there's a ???? moment on-line?

What if I do something wrong?

What if I'm worried for me or my friend?

Tell a trusted adult as soon as you can.

Childline have advice.

<https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/staying-safe-online/>

NSPCC have advice.

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/>

Online safety resources

For parents and carers

For children and young people

For professionals

The internet is an important part of every child's life. And during the lockdowns last year we were all online more than ever.

Our Childline website has support and advice about a whole range of topics to do with online and mobile safety, like:

- how to stay safe online
- privacy settings and how to set them up
- how to feel good on social media
- online grooming and what to do if you're worried
- advice about sexting, porn, gaming and more.



We also have tools and resources for children and young people:

- Report Remove
The Report Remove tool helps young people report and remove nude images or content shared online.
- Zipit
The ZipIt app helps young people deal with peer pressure to send nude images online.
- Coping Kit
The Coping Kit has offline activity ideas to help children and young people cope with feeling low or bored.

Get support from Childline

If you're 19 or younger you can get confidential support from Childline counsellors about anything that worries you. We're here to help 365 days a year. Call, email or chat with our counsellors online.

From KCSiE 2021:

44 Public Health England has produced a range of resources to support secondary school teachers to promote positive health, wellbeing and resilience among children. See [Rise Above](#) for links to all materials and lesson plans.

Overview Resources Top tips

Better Health every mind matters

Helping you teach PSHE, RHE and RSHE to Upper KS2, KS3 and KS4 students, with flexible, ready-to-use content co-created with teachers, and young people.

While you support students, Every Mind Matters is here to support you by providing simple, practical advice for a healthier mind.

Every Mind Matters top tips Your Mind Plan

Browse by topic

- [Physical and mental wellbeing](#)
- [Unhelpful thoughts](#)
- [Building connections](#)
- [Worry](#)
- [Social media](#)
- [Sleep](#)
- [Dealing with change](#)
- [Transition to secondary school](#)
- [Puberty](#)
- [Bullying and cyberbullying](#)
- [Online stress and FOMO](#)
- [Alcohol](#)
- [Exam stress](#)
- [Body image in a digital world](#)
- [Forming positive relationships](#)