

In-School Support for All

Two full time Welfare Leads who are trained in Child Protection and are able to offer advice to students and parents.

The Welfare Team are able to support in all areas of wellbeing as well as:

- Youth Mental Health and Mental Health First Aid
- Supporting Young Carers (the Locality Team run a lunchtime group to support students)
- Attendance & Welfare
- Children in Care & Care-experienced Children

Mentoring

We offer additional 1 to 1 mentoring for some students. This is a weekly, fortnightly or half termly meeting where students are supported to help them meet their potential in all aspects of school life.

Contact information:

Mrs Gregory 07711920454

Mrs Peattie 07925 398114

School Counsellors

We have a number of counsellors who come into school to support students. Students are referred via the pastoral system or Special Education Needs Departments.



External Support

Online Services:



Kooth, from XenZone, is an online counselling and emotional well-being platform for children and young people, accessible through mobile, tablet and desktop.

<https://www.kooth.com/>



Keep Your Head brings together reliable information on mental health and well-being for children, young people and adults across Cambridgeshire and Peterborough.

<https://www.keep-your-head.com/>



ChatHealth is a secure NHS approved text messaging service that is run by our school nursing team in the Cambridgeshire Healthy Child Programme. Chathealth



NHS Mood Zone. Whatever you need to know about coping with stress, anxiety or depression, or just the normal emotional ups and downs of life, the NHS Choices Moodzone is here to help – NHS Mood Zone

New services and resources include:

- A new young people's mental health website for Cambridgeshire and Peterborough:
<https://www.nhs.uk/nhs-services/mental-health-services/mental-health-services-for-young-people/children-young-people-mental-health-services-cypmhs/>
- Cambridgeshire & Peterborough integrated care system:
<https://www.cpics.org.uk/local-services>
- A new free online youth counselling service for 11-24 year olds in Cambridgeshire and Peterborough:
<https://www.keep-your-head.com/cyp/CP-MHS/who-else-can-help-me/local-support>
- The newly launched 'Shelf-Help' scheme providing books on a range of mental health issues through local libraries:
<https://www.librariesni.org.uk/resources/health-matters/shelf-help/>
- A new route to mental health crisis support through the NHS 111 service:
<https://www.nhs.uk/nhs-services/mental-health-services/where-to-get-urgent-help-for-mental-health/>

External Support



Counselling



School Nurse



Early Help Assessment (EHA)



TALK & LISTEN,
BE THERE,
FEEL CONNECTED



REMEMBER
THE SIMPLE
THINGS THAT
GIVE YOU JOY



Your time,
your words,
your presence



DO WHAT YOU CAN,
ENJOY WHAT YOU DO,
MOVE YOUR MOOD



EMBRACE NEW
EXPERIENCES,
SEE OPPORTUNITIES,
SURPRISE YOURSELF



Wellbeing & Welfare Support Leaflet