

# Sixth Form Health and Wellbeing Guide

Whatever the problem, whether it's yours or a friend's, someone is there to help

What?	Who?	Why?	When?	Where?	How?
School Counsellor	Mrs Herman	A few examples of what you can talk about: Anxiety, depression, grief, identity or confidence issues	Monday-Thursday	Mentoring rooms (H203)	Speak to the Sixth Form Team or self refer directly (post box outside H203)
Counsellor in Training for the Sixth Form	Ms Cohen	A few examples of what you can talk about: Anxiety, depression, grief, identity or confidence issues	Tuesdays	Mentoring rooms (H203)	Speak to the Sixth Form Team
Group Coaching	Ms Levitan	Work/ life balance, organisation, managing exam stress and general life coaching	Monday-Thursday	Various (office H204)	Speak to the Sixth Form Team
Learning Mentor	Ms Levitan	Life skills, personal development, confidence building, general life coaching	Monday-Thursday	Mentoring rooms (H203)	Speak to the Sixth Form Team
School Nurse	Ms Mosquera	Medical emergencies or general health concerns	All week	Medical room (H114)	Pop in to the Medical Room opposite Reception
Brent Nurse	Ms Fenner	External support for more sensitive health or wellbeing concerns	As required	Medical room (H114)	Speak to Ms Mosquera who will arrange for you to see Ms Fenner

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## External organisations

Name of Organisation	How they support?	Website/ helpline	Type of support: App, Helpline, Self-help
<b>ADDICTION AND DRUG EDUCATION</b>			
<b>Frank</b>	Honest info about drugs.	<a href="https://www.talktofrank.com/">https://www.talktofrank.com/</a> <b>0300 123 6600</b>	
<b>Addiction Helper</b>	Free, confidential, help for anyone affected by addiction	<a href="https://www.addictionhelper.com/">https://www.addictionhelper.com/</a> <b>0800 804 4755</b>	Live chat, helpline, professional support
<b>evolve</b>	Providing preventative education, early intervention, counselling, family support and training for professionals in relation to the abuse of former Legal Highs, especially Volatile Substances.	<a href="http://www.evolenorthwest.com/">http://www.evolenorthwest.com/</a>	Early intervention, counselling, family support
<b>addaction</b>	One of the UK's leading drug, alcohol and mental health charities.	<a href="https://www.addaction.org.uk/">https://www.addaction.org.uk/</a>	Directory of support services, advise
<b>GRIEF</b>			
<b>grief encounter</b>	Support bereaved children and their families to help alleviate the pain caused by the death of someone close. Our services are free, funded through the generosity of our supporters.	<a href="https://www.griefencounter.org.uk/">https://www.griefencounter.org.uk/</a> <b>0808 202 0111</b>	Free helpline, online counselling, family support
<b>Apart of me</b>	An App game designed to help you cope with the death of a loved one.	<a href="https://apartofme.app/">https://apartofme.app/</a>	Freely available in <a href="#">iOS App Store</a> and on <a href="#">Google Play</a> .

Names of Organisation	How they Support?	Website/Helpline	Type of support: App, Helpline, Self-help
<b>ANONYMOUS AND GENERAL SUPPORT</b>			
<b>Childline</b>	You can contact Childline about anything. Whatever your worry.	<a href="https://www.childline.org.uk/">https://www.childline.org.uk/</a>  <b>0800 1111</b>	Phone line, live chat, advice around bullying, abuse, body image., school
<b>THE MIX</b>	Support service for young people. via online, social or our free, confidential helpline	<a href="https://www.themix.org.uk/">https://www.themix.org.uk/</a>  <b>0808 808 4994</b>	Help you take on any challenge you're facing - from mental health to money to break-ups to drugs.
<b>Mee Two</b>	An <b>App</b> - Safe Social Media Solution to Improve Teenage Wellbeing	<a href="https://www.meetwo.co.uk/">https://www.meetwo.co.uk/</a>	A moderated app provides peer support, expert help, inbuilt educational resources as well as in app links to UK charities and helplines. A neutral space for young people to experiment with what it feels like to open up without drawing attention to themselves while positive feedback and social support builds confidence, increases wellbeing and promotes emotional resilience
<b>DEPRESSION, ANXIETY AND SELF HARM RELATED ISSUES</b>			
<b>Kooth</b>	A free, on-line counselling platform	<a href="https://www.kooth.com">https://www.kooth.com</a>	Online chat: with a qualified counsellor Monday – Friday 12pm – 10pm Saturday – Sunday 6pm – 10pm

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<b>MENTAL HEALTH</b>			
<b>Mind</b>	Advise and support around mental health and national campaigning	<a href="https://www.mind.org.uk/">https://www.mind.org.uk/</a>	We provide <a href="#">advice and support</a> to empower anyone experiencing a mental health problem. We <a href="#">campaign</a> to improve services, raise awareness and promote understanding. <b>We won't give up</b> until everyone experiencing a mental health problem gets <b>support and respect</b> .
<b>Jami</b>	Mental health charity for the Jewish community	<a href="https://jamiuk.org/">https://jamiuk.org/</a>	Jami provides practical and emotional support for the mental health needs of the Jewish community – delivering services that enable independence and build resilience through: <ul style="list-style-type: none"> <li>• Community Hubs and Outreach</li> <li>• Education and Training</li> <li>• Bespoke recovery support plans</li> </ul>
<b>No Panic</b>	A registered charity which helps people who suffer from Panic Attacks, Phobias, Obsessive Compulsive Disorders and other related anxiety disorders	<a href="https://www.nopanic.org.uk/">https://www.nopanic.org.uk/</a> <b>0330 6061174</b>	Helpline, support groups and resources .
<b>BODY IMAGE/EATING DISORDERS</b>			
<b>Beat</b>	UK's leading Eating disorder charity	<a href="https://www.beateatingdisorders.org.uk/">https://www.beateatingdisorders.org.uk/</a> <b>0808 801 0711</b>	Supporting through advice, awareness, helplines, and support groups
<p><b>For additional External Support Agencies :</b>  <a href="http://amywinehousefoundation.org/our-work/find-help/">http://amywinehousefoundation.org/our-work/find-help/</a></p>			