

Social and Emotional Wellbeing and Health

Where can I get help with my problems?

Although your staff are not mental health specialists we are able to sign post you to the helpful contacts to get the help and support you need – you can do this yourself, discretely and directly through the links below:

- Talking to your parents or carers and others that you trust in your family
- Contact your GP (doctor) by calling your medical centre
- Contact the School Nurse, clicking here: [Information on School Nurse during Covid-19 school closure](#)
- Contact Mr Hain or your tutor by email and ask for a School Counsellor referral
- Contact Mrs Cantrell and talk about your worries and some ideas to cope with any anxieties you may have
- KOOTH – <https://kooth.com/> (Free, safe anonymous online support)
- Contact “Off The Record” – <http://offtherecord-banes.co.uk/> (confidential counselling service)
- Are you looking after someone at home? If so, you may want to contact Young Carers – <https://www.banescarerscentre.org.uk/youngcarers/> (Support for students that have caring responsibilities)
- NSPCC – <https://www.nspcc.org.uk/what-we-do/about-us/contact-us/> (support for children around problems they may be having)

- Child line – <https://www.childline.org.uk/> – support for children around problems they may be having
- Samaritans – <https://www.samaritans.org/> support for children and parents and carers with problems they may be having
- CAMHS – BANES – <https://www.oxfordhealth.nhs.uk/children-and-young-people/young-people/south-west/banes/banes-community-camhs/> – mental health support – online referral directly
- [BANES Parents' and carers' leaflet](#) – this is an interactive guidance leaflet for parents and carers of children and young people who are struggling with their mental health.



Midsomer Norton
Schools Partnership

SOMETHING BOTHERING YOU? SPEAK TO YOUR SAFEGUARDING TEAM



Mrs England
cengland@writhlington.org.uk



Mrs Turner
turner@writhlington.org.uk



Mr Hain
nbhain@mendipstudioschool.org.uk



Mr Marshall
nmarshall@writhlington.org.uk

THINGS NOT RIGHT AT HOME?

WORRIED ABOUT A FRIEND?

FEELING DOWN/SAD?



You can also contact any of the other members of the pastoral team
Mrs Wilson, Mr Davies, Mrs Sage, Mr Morris and Mrs Reynolds