



Who can help?

When you are feeling down, upset or angry there are staff that can help. We appreciate that sometimes a staff member you wish to see may not be free at that present time to speak to. Heads of Year can offer emotional support, and help resolve conflicts and bullying within school.

Heads of Year



Year 3 & 4—Mrs Baker



Year 5 & 6—Miss Lodge



Year 7—Mr Goddard



Year 8—Miss Lewis



Year 9—Miss Evans



Year 10—Miss Cannon



Year 11—Mrs Mackenzie-Chadwick



Safeguarding team

Mrs Austin—Interim Deputy Headteacher
Designated Safeguarding Lead

Mrs Shute—Deputy Safeguarding Lead

Mrs Austin and Mrs Shute may want to check in with you following any conversations you have had with staff regarding your mental health. This is to ensure that you receive the best support. They may do general well-being check ins with you throughout the week.



Referrals

If you feel you need any additional support, we can refer to a school counsellor. Our school counsellor is Gina Edwards.

We can also refer to Llywbrau support. Danny Jones is the young person's counsellor who attends our school.

Any support in place is discussed with you prior to a referral being made. You can withdraw your consent at any time

Confidentiality

Confidentiality is extremely important. But there are at times when confidentiality cannot be maintained. Staff and any external agencies working with learners will break confidentiality if they feel you or anyone else is at risk of danger or immediate harm. This is done to keep you and others safe. School look at a community based approach to help support you, working with parents/carers, and any external agencies involved in supporting you.

Nurture/ Self Harm Pathway

The below staff are trained to specifically offer support regarding self harm as well as emotional support.

Miss Robinson—ELSA coordinator, Self harm pathway trained, welfare check ins with learners.

Mrs Seddon—Self harm pathway trained

Mrs Griffiths—Self harm pathway trained.



What is a self harm pathway?

A self harm pathway is required to be completed when a learner discloses that they have self harmed and have suicidal thoughts. A self harm pathway helps to determine how you are feeling and helps staff implement the best form of support for you.

What happens after a self harm pathway?

Following a self harm pathway, school can implement any help and support that is appropriate for your needs. Sometimes that may be a wellbeing check in from Jo Robinson and Head of Year, a school counselling referral or a referral to CAMHS. Parents will need to be notified that a self harm pathway has been completed with you, this is to ensure that you are fully supported. Referrals to school based counsellor or to Llywbrau can also be made.



Mental Health support



The help and support does not end within our school walls. There is numerous help and support available to you within the community.

YOUNG MINDS

fighting for young people's mental health

www.youngminds.org.uk

Support for young people and their families regarding mental health. TWITTER: @youngmindsuk

THE MIX

UK's leading support service for young people under 25. Mental health, financial support and advice, support with bullying, health concerns, counselling support. 121 chat online available. Or call **0808 808 4994** TWITTER: @TheMixUK

shout
85258

Shout is the UK's first and only free, confidential, 24/7 text messaging support service for anyone who is struggling to cope. www.giveusashout.org

LGBT
foundation

LGBT Foundation is a national charity delivering advice, support and information services to lesbian, gay, bisexual and trans (LGBT) communities. Advice support and information 0345 330 30 30 www.LGBT.foundation.co.uk



RASASC
Rape & Sexual Abuse Support Centre

Rape and Sexual Abuse Support

Centre North Wales provides

information, specialist support and therapy to anyone aged 3 and over who has experienced any kind of sexual abuse or violence either recently or in the past. We also provide specialist support and therapy to partners and family members of those who have been affected by sexual abuse and violence. Free helpline 0808 80 10 800 www.rasawales.org.uk



Mind provides advice and support to empower anyone experiencing a mental health problem. They campaign to improve services, raise awareness and promote understanding. www.mind.org.uk



This helpline was founded in 2003 and was the very first UK helpline which provided assistance to individuals struggling with bullying issues, whatever the nature of the abuse. Helpline 0300 323 0169



Childline is yours – a free, private and confidential service where you can talk about anything. We're here for you online, on the phone, anytime. Call 0800 1111. www.childline.org.uk. 121 counsellor chat available via the website.



We lay the foundations of Kindness, Forgiveness, Respect and Integrity. We walk together to build and share these values. We do this as Christ lights our path allowing us to follow Him on our journey through faith. This is our shared mission, allowing all to go forth and live His Word.



¹⁰ So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.

Isaiah 41:10

At Christ the Word it is important for our learners to be supported not just in their learning but in their mental health and wellbeing. We do this through our curriculum and teachings, reinforcing positive affirmations and nurturing resilience. There are times when learners need extra support. We have staff trained for when these occasions arise. It is important for our pupils to know to talk about how they feel, and to know that they are not alone.

