



1 You have a CONCERN...

ABOUT YOURSELF

We all have days or longer where things are tough, and we all go through different things at different times in our life. Knowing when to ask for help is a strength. You are not alone and we are here to listen. There is support tailored to need and age. Support in school comes in a variety of ways in school, and there's also many options outside of school.

What might I be worried about?	What might this look like?
Mental health	Feelings and symptoms (youngminds.org.uk)
Organisation issues	How to Help Yourself Get Organized Child Mind Institute
Anxiety	Anxiety disorders in children - NHS (www.nhs.uk)
Sleeping trouble	Sleep problems (youngminds.org.uk)
Diet	Beat The UK's Eating Disorder Charity
Young carers	Young carers (youngminds.org.uk)
Abuse (physical, sexual, neglect)	Teen Signs And Symptoms - Fight Child Abuse
Drugs / alcohol	Prevent Teen Drug Use - Spot the Early Warning Signs
Bullying	Bullying and cyberbullying NSPCC
Online safety	Online abuse NSPCC
Hate crime	Friend-or-Fake-Booklet.pdf (arcuk.org.uk)
Grooming	Grooming NSPCC
Peer-On-Peer Abuse	Safeguarding Network - Never 'Just Banter'

ABOUT ANOTHER STUDENT

You notice something about a friend you want to talk to an adult about
[Supporting a friend with their mental health](#)

Your Concern is a COMPLAINT

You are unhappy about how something has been conducted
 Follow the [Child Friendly Complaints Policy](#)

2 TELL STAFF...

TUTOR / HOH /
Member of Safeguarding Team (safeguarding poster)
/ Another staff member you feel comfortable talking to

safeguarding@reading-school.co.uk
This is manned by the Safeguarding Team

Staff are trained to listen.
 They know how to respond and make you feel safe.
 They will direct you towards the best type of support available to suit your situation.

or

2 SELF_REFER...

GP / Online Websites / Helplines

You can use the external support suggestions to access help yourself (It is always a good idea to let an adult know so they can support your situation)

You can find these options on the separate page of this document

3 STAFF MEMBER ACTS

Staff will work with you to decide the best course of action to get the most tailored and appropriate support *If your concern is about another student, you may not be told the outcome but staff will work to ensure everyone is supported*

4 REVIEW

Your staff member will work with you to review the support you have been provided, to see if it is providing steps for making progress.

INTERNAL SUPPORT

- The School nurse – can provide information and support from a medical point of view, including things like diet, sleep, drugs and alcohol.
- The school councillor – is employed by the school but isn't necessarily someone you would have met before. He's great at unpicking feelings and helping you to get to the bottom of exactly what and why you're feeling like you are.
- Student support – we have an array of specialist skills in this team who can help with anything from study skills, organisation, friendship concerns etc.
- 6th form team – as above but more targeted to 6th form issues
- GP – you can refer to your doctor yourself for things like talking therapies or if you want to discuss something with a qualified medical professional
- If things require more specialist care, we can refer (or self-refer if old enough) to the Child and Adult Mental Health Services (CAMHS)

EMERGENCY HELPLINES

If you are in immediate danger, dial 999

[Childline | Childline](#) – offers 24 hour online or phone support for bullying, relationships and problems at home or school. Contact 0800 1111

[Samaritans | Every life lost to suicide is a tragedy | Here to listen](#) – offering free 24 hour support by email, by phone or by letter. Contact 116 123.

[Get help – free, 24/7, confidential mental health text support service | Shout 85258 \(giveusashout.org\)](#) – a platform to help deal with an urgent issue/crisis such as suicidal thoughts, abuse and self-harm. Text SHOUT to 85258.

EXTERNAL SUPPORT – SELF-REFERRAL

[The NHS website – NHS \(www.nhs.uk\)](#) – the NHS website provides contact information for both physical & mental health

[Mental health – Reading Borough Council](#) contains information, advice and support local to the Reading area

[No5 – Free Counselling Services – Reading](#) Reading's young person's counselling centre, dedicated to providing free, confidential counselling and emotional support to anyone between the ages of 11-25. Contact by text 07984 357551 or Tel: 0118 9015668.

[Home – ARC \(arcweb.org.uk\)](#) Wokingham's young person's counselling service contact them on Tel: 0118 9776710.

[Reading Relate* | Relate](#) can offer children and young people's counselling, as well as family counselling, for any young person who's having problems. Whether it's depression, mental health concerns, or issues with parents or people at school. Contact Tel: 0118 987 6161

[East-West Kids-Connect | Mindfulness meditation for children and families](#) offers a range of holistic preventative education services, which benefit the mental health and well-being of children, young people and families, through training in meditation and mindfulness techniques.

[SHARON | Children Young People and Families Online Resource \(berkshirehealthcare.nhs.uk\)](#) the Support Hope and Recovery Online Network is a secure and confidential online platform, moderated by clinical staff, to enable parents, carers and young people to support each other and get expert advice. Visit website for more details.

[The Little Blue Book of Sunshine | Berkshire West Clinical Commissioning Group \(berkshirewestccg.nhs.uk\)](#) the #littlebluebookofsunshine explains some of the things you can do right now to feel better, or who to turn to if things feel too much. This useful booklet and website have been produced by the NHS for school age young people.

[About Us – Support U](#) a Lesbian, Gay, Bisexual and Transgender (LGBTQ+) help and support service

[YoungMinds – children and young people's mental health charity](#) provides support and advice regarding mental health, with a particular current focus around COVID-19 and self-isolation.

[Home – Youth Access](#) a platform to help you find the correct support for you, with a focus on Youth Information, Advice and Counselling Services (YIACS) in Reading.

[Mental Health – The Mix](#) provides essential information and support for under-25's. Includes the opportunities for 1-2-1 chats and a crisis messenger. Contact 0808 808 4994.

[Charlie Waller 404 – The Charlie Waller Trust](#) a charity offering advice and support for recognising signs of and dealing with depression.

[Home – Kooth](#) free, safe and anonymous online support for young people. Includes options to talk to a counsellor, discuss experiences in forums and read articles written by young people.

[What We Do | Papyrus UK | Suicide Prevention Charity \(papyrus-uk.org\)](#) a website and helpline aiming to prevent young suicide through their three aims of: support, equip and influence. Contact the helpline on: 0800 068 41 41

[CCI – Self Help Resources for Mental Health Problems](#) includes a series of information sheets and worksheets surrounding many different areas of mental health, including: depression, perfectionism, self-esteem and sleep.

[Home \(TT\) | Talking Therapies \(berkshirehealthcare.nhs.uk\)](#) help for adults aged 17+ living in Berkshire, advisors and therapists that can help to overcome life's difficulties and problems and manage them better.