

Meet the Team



Mr Chance - Deputy
Headteacher, DSL



It's OK to get help



Mr Hastings - SLL
Pastoral, Mental
Health First Aider



Mrs Thomas - Head of Student
Services, DDSL, Mental Health
First Aider



Mrs Giller- SENCO,
Mental Health
First Aider



Mrs Hands—ELSA,
Mental Health
First Aider



Monica Gibbs -
School Counsellor



Mrs Brenton



Mrs Millard



Mrs Chandler

Student Services Officers, Mental Health First Aiders

Opening Hours
8.00am—4pm
Monday to Friday

Useful links to more support:

Self help websites

Thecalmzone.org.uk

Lifesigns.org.uk

www.moodjuice.scot.nhs.uk

www.anxietybc.com

Childline

[0800 1111 Childline.org.uk](http://0800.1111.Childline.org.uk)

Help, support and advice on the phone or via the internet

Kooth.com

Online counselling service. Kooth.com. Any child can log on and speak to a trained counsellor until 10pm at night

www.stem4.org.uk/calmharm

Stem4 is a teenage mental health charity aimed at improving teenage mental health by stemming commonly occurring mental health issues at an early stage

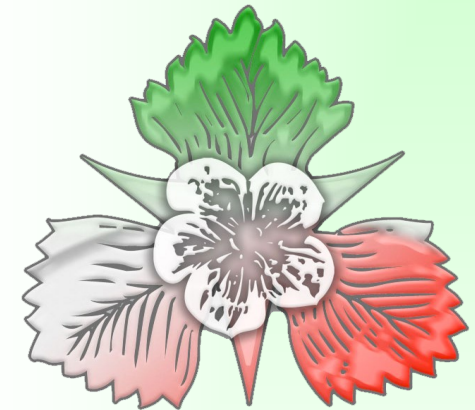
www.samaritans.org or call 116 123

Whatever you are going through a Samaritan will face it with you. 24hrs a day 365 days of the year.

Wildern School

Wildern Lane, Hedge End, Southampton,
Hants. SO30 4EJ 01489 783473

WILDERN SCHOOL



Student Mental Health Menu

"Every Mind Matters, Every Person Counts"

AcSEED™
Emotional Wellbeing in Schools and Colleges

A source of support, for you, whenever you need it

Starter Support

To support you before a crisis

Counselling drop in service

This is a fantastic way to have a quick chat with our School counsellor Monica. In our Learning Hub

Mondays and Tuesday lunchtime

Student services / DOPA

Open between the hours of 8am—4pm each day. You can speak to a member of the Pastoral Team who then can signpost or provide you with details of where you can access appropriate support

TADIC—Teenage, Adolescent Drop In centre

Situated next door to Hedge End GP Surgery you can 'drop in' on Wednesday evenings 3pm—6pm and speak to a professional about how you are feeling

Childline 0800 1111 Childline.org.uk

Help, support and advice on the phone or via the internet

CATCH22

Drug and Alcohol misuse service for young people. Speak to Student Services for more information

TUTOR TIME



Main Support

Support when you need it

School Nurse

Speak to Student services who can arrange for you to meet with a school nurse or text CHATHEALTH on 07507 332160 if you would like confidential advice

Monica—School Counsellor

1:1 sessions with the school counsellor can be arranged

KCC 1:1 mentor sessions

Bespoke service tailored to each individual

Police Community Support Officer

Available for all manner of advice, chats and guidance

ELSA—Mrs Exall and Mrs Hands

Are able to plan and deliver programmes of support to students who are experiencing temporary or longer term additional emotional needs.

Targeted group and 1:1 Support

Bespoke schemes of work for each group e.g Self-esteem, behaviour for learning, low mood, dealing with exam stress

LAGLO

Our LAGLO's are dedicated to supporting our lesbian, gay, bisexual and transgender communities.



External Support

Additional outside support we can help you access

CAMHS Child and Adolescent Mental Health Service

Child and Adolescent mental Health services is the name for NHS provided services in the UK for children, generally until school-leaving age, who are having difficulties with their emotional or behavioural well-being.

Children's Services

Provide support and social care services for children, young people and families. They have a very clear goal to protect children and young people from harm and improve the quality of care they receive.

Cruse

Cruse Bereavement is a national charity providing free advice, information and support to adults, young people and children who are struggling to cope with grief arising from bereavement, when or however the death occurred.

Young Carers

A young carer is someone under 18 who helps look after someone in their family, or a friend, who is ill, disabled or misuses drugs or alcohol. If this describes you then the young carers organisation can support you. Please see Mr Hinks or contact Eastleigh Young Carers

<http://1community.org.uk/support-at-home/young-carers/>

