



Ripley St Thomas Academy

Who to turn to

It is important to know who to turn to if you need help, support or advice. Whether you are worried about yourself, a friend, your wellbeing, your safety or something happening online, there is always someone who can help.

Not quite ready to ask for help in person?
Send a message to the Wellbeing number on the back of your lanyard.



07935 029991

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5 Ways to Wellbeing

Connect and communicate with others, including friends and family. Talk to someone new

Be active to help decrease anxiety and depression. Walk, take the stairs and move more

Take notice Pay attention to your surroundings, take a break from your smart phone, reduce screen time, turn off your notifications

Learn something new, set yourself a goal, read a new book, sign up for a club or activity

Give Do something for someone else, practise random acts of kindness

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Welfare, Guidance, Interests & Exercise

Talk with your **friends, family and carers**

Talk to the **Year 11 prefects, subject mentors and senior student team**

Mr Quarry co-ordinates the **Peer Mentors** who support pupils in school.

The A-Z of Wellbeing is available on the school website and Firefly:

https://drive.google.com/drive/folders/1kW_yhU_gOqT5VRV71Pee7ps1r_RqdZkJ

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Mental Ill-health, Wellbeing and interpersonal problems

Confidential **counselling referrals** can be arranged through your Progress Leader

The **Chaplaincy** is a quiet space for students to reflect and pray

First Aid Room. If you feel ill during the day, first tell your class teacher, you may then go to the First Aid Room

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Specialist School Based Services

Karen Brandwood is the **school counsellor**

We also host the **Achieve Change** and **Engage** (ACE) counselling sessions

Our **First Aid** team has a wealth of experience in helping students with pastoral issues

Liz Atkinson is our **NHS school nurse** who is available to you

Mr Bithell (SENDCo) is available in **Learning Support**

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Specialist External Services

Your **GP** for health worries

NSPCC: 0808 800 5000

Childline: 0800 1111

www.kooth.com

SHOUT: text MRF to 85258

Young Minds: text YM to 85258

Every Life Matters:
<https://www.every-life-matters.org.uk/suicide-safer-schools/>

CAMHS: crisis 01228603964
Samaritans: 116113

Concerns regarding **online content** or **conduct:**
<https://www.saferinternet.org.uk/>

Your Progress Leader and Assistant Progress Leader

Your Progress Leader team are here to help with issues or worries around academic progress, behaviour, friendships or safeguarding concerns.



Red Box: Use the confidential Red Box outside the Maths Office to report safeguarding concerns or share worries about your own safety or the safety of others.

QR Code: If something has happened to you or another pupil, in or out of school, scan the QR code to let the safeguarding team know.



Safeguarding Team at Ripley

Mr Quarry - Designated Safeguarding Lead (DSL)

Miss Johnson - The Non-Teaching Safeguarding Lead (NTSL)

Mr P Wilson, Mrs J Webster - Deputy Designated Safeguarding Leads (DDSL)