

# Wellbeing

We are committed to supporting the Emotional Health and Wellbeing of all students and staff. We have a caring ethos based on our aim for everyone to have *'Life in all its fullness'* and integrated in our values of Aspiration, Integrity and Respect.

During this time of lockdown students can still contact their tutor or Year Leader via email or a telephone call to school.

The School Nurse continue to support students and students can contact the school nurse by sending a text message to **ChatHealth 07480635516**, parents can also contact the school nurse via ChatHealth



**ChatHealth**

Emotional Health  
Relationships  
Sexual Health  
Drugs  
Smoking  
Alcohol

**SOMERSET**  
County Council

**Got a concern?**

**If you're 11-19**

it only takes one text to start making a difference

You'll get confidential advice from your School Nursing Team and you don't have to give your name if you don't want to.

Just send a text or scan me

**07480 635 516**

Improving LIVES

Disclaimer: This is not an emergency service. It operates Monday to Friday between 9am and 5pm and is only available by using a UK mobile number. Your messages are stored on our secure system and can be seen by the School Nursing Team who run our ChatHealth Service. Although this is a confidential service, in the event of an safeguarding issue the School Nurse has a duty of care to act on this and may escalate the concern.



**ChatHealth**

Parent advice & support  
Healthy lifestyles  
School transitioning  
Emotional health

**SOMERSET**  
County Council

**is your child 5-19 and are you** looking for confidential help and support?

A safe and easy way to contact your School Nursing Team

Just send a text or scan me

**07480 635 515**

SCAN ME

Improving LIVES

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Online support is also available from:

[www.kooth.com](http://www.kooth.com)

Free, safe & anonymous online support



<https://youngminds.org.uk/>

Advice and mental health support for young people. They also have a parent helpline. Call for free 08088025544 Mon – Fri 9:30 – 4pm

**YOUNGMINDS**  
fighting for young people's mental health

<https://www.childline.org.uk/>

Advice, support & resources



<https://www.winstonswish.org/>

Winston Wish bereavement support for children and Young People.  
Freephone National Helpline on 08088020021  
Mon to Fri 9:00am – 5:00pm

**WINSTON'S  
WISH WW**  
Giving hope to grieving children