Key Stage 3



Peer Support at St Richard's



- Wellbeing Ambassadors
- Student Listeners
- Prefects

There is always someone to talk to.

St Richard's will not tolerate bullying of any kind.

If you experience or witness any bullying, please report this to any member of staff; do not delay!

You can also seek support from a Wellbeing Ambassador.

Mental Health



See posters around the school for Staff Mental Health First Aiders. You can also speak to DSL/Pastoral Support Manager, Emma Dann, or go to the HIVE before school, at break or lunchtimes.

Pastoral Support

Emma Dann – DSL/Pastoral Support Manager
The HIVE - Mrs Taylor-Singfield / Mrs Ellis
Jo Doyle – Lay Chaplain
Your Pastoral Leader
Teacher Mentors:
Mr Padgham & **Mrs Knight**

School Counsellor



If you would like an appointment to see Helen, our School Counsellor, this can be arranged. Please speak to a member of staff that you feel comfortable speaking to or email the HIVE at: thehive@strichardscc.com

E-motion is a free online counselling service that anyone aged 12–18 can access. Trained counsellors can help you deal with any negative thoughts or feelings. www.e-motion.org.uk

School Nurse



If you are worried about a health issue, text 07507332473 for advice or an appointment with the School Health Team.

WHISPER

An anonymous reporting tool. Are you worried about a friend? Want to raise a concern anonymously? Please use the Whisper reporting tool on our school home screen.

MHST - Mental Health Support Team
A service based in school to support with anxiety, low mood, sleep hygiene and healthy eating.

For a referral, please speak to Emma Dann or your Pastoral Leader.

Childline is a service run by the NSPCC.

You can talk to Childine about anything, no problem is too big or too small. If you do not want to call you can visit the website: www.childline.org.uk

Frank is an honest website (talktofrank.com) with information about drugs and alcohol. You can call Frank on 0300 123 6600 or text 82111 for confidential advice. East Sussex also have a support service called Under 19s Substance Misuse Support.

Fearless is a service that allows you to pass on information about crime 100% anonymously. Do not hold onto information that may lead to someone being harmed. Report this online at: www.fearless.org

A full list of all support services can found on the school website (here) and the school support site on your Google Drive