Key Stage 4



Peer Support at St Richard's



- Anti-bullying Ambassadors
- 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
Jo Doyle – Lay Chaplain
The HIVE - Mrs Taylor-Singfield / Mrs Ellis
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 hive@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 an appointment with the School Health Team.

For advice on healthy, safe relationships, please visit a drop in service facilitatied by the NHS in Hastings (Station Plaza Health Centre), or Eastbourne (Avenue House).

i-Rock

Aged 14 – 25
I-Rock - Drop in service for young people in Sussex to support emotional wellbeing, resilience and more. Based in Hastings, Eastbourne and Newhaven. Click **here** for more info.

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.

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

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.

Youth Employability Service

A service for 15 – 18 year olds offering information and advice regarding education, employment or training. Can be contacted by emailing: yeseastsussex@themytrust.org

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.

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