

Extra Support

Kooth

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

Childline

0800 1111 or www.childline.org.uk

Help, advice or support online or over the phone.

Stem4

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.stem4.org.uk/calmharm

Samaritans

Whatever you are going through, a Samaritan will face it with you. 24hrs a day 365 days a year.
www.samaritans.org or call 116 123

I need immediate help?

Emergency 999

NHS 111 - 24/7 Mental Health Triage

Service



Deer Park Secondary School
Sika Avenue
Hedge End
Southampton
SO30 2HT

safeguarding@deerparksecondary.org



Deer Park School Student Wellbeing Menu

*"We care about every mind and
everybody"*
Support at Deer Park

**Come and visit our Pastoral
Wellbeing Room in 121**



Starter Support - To support you before a crisis

Tutor/DOPA

You can speak to your tutor or DOPA who can then signpost or provide you with details of where you can access appropriate support.

ChildLine - 0800 1111 www.childline.org.uk

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

CATCH 22 - www.catch-22.org.uk

Drug and Alcohol misuse service for young people. Ask at the wellbeing bar for more information

Self Help Websites

www.youngminds.org.uk

www.thecalmzone.net

www.lifesigns.org.uk

www.moodjuice.scot.nhs.uk

www.anxietybc.com

www.stem4.org.uk

Main Support - Support when you need it

School Nurse

Speak to you DOPA or Safeguarding Officers who can arrange for you to meet with a school nurse, or text CHATHEALTH on 07507 332160 if you would like confidential advice.

KCC 1:1 Mentoring Sessions

Bespoke service tailored to each student

Police Community Support Officer

Available for all manner of advice, chats and guidance

Targeted Support Group

Bespoke schemes of work for identified students. Visit the Wellbeing Bar in the LRC to see what's on offer.

External Support - Additional 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.

www.hampshirecamhs.nhs.uk

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/Simon Says

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. www.cruse.org.uk
www.simonsays.org.uk

Young Carers

A Young Carers is someone under 18 who helps look after someone in their family, or a friend, who is ill, disabled or misuse drugs or alcohol. If this describes your situation, then the Young Carers organisation can support you. Please see Mrs Brenton or contact Eastleigh Young Carers.

www.1community.org.uk/support-at-home/young-carers/



FIVE WAYS TO WELLBEING

