

We offer a range of support in our Sixth Form.

Speak to Lisa for information



Support outside of Sixth

Your Gp can support you by:

- Referring you to local services
- Help you to access help for your mental health

If you don't have a diagnosis but are concerned about your mental Health you can always speak to your Gp about this. You can also look at online resources.

YoungMinds.org.uk Helpline: 0808 802 544 has some excellent resources supporting teenagers and young adults.

Mind.org.uk support for Mental Health online, Mind offers a range of mental health information on:

- Diagnosis
- Treatments
- Practical help for wellbeing
- Where to get help

Samaritans.org Helpline 116 12 (Freephone)

Other organisations and charities

- Student Minds offer support for students and run peer support groups around the country.
- Students against depression offer information and advice for students experiencing depressions

"Telling people around me that I'm struggling will help, as they can help me feel happy"



First Steps...



We're here for you.

Your Personal Tutor

If you have concerns, please talk to your Sixth form Tutor. They have lots of experience supporting students with all types of issues.

They will be able to support you and put you in touch with someone who can offer further help if needed.

Sixth Form Team

If you would rather see someone else or you feel the issue is more sensitive, the Sixth Form Team are ready to help. Please be aware that if we are concerned for your safety this will be shared with our safeguarding lead (Lisa)

Mr Taylor, Director

Mrs Kelleway, Head of Year 12

Mrs English, Head of Year 13

Sabrina, Sixth Form Coordinator

Sophie, Study Centre Supervisor

Lisa, Pastoral support officer, Attendance officer and Safeguarding Lead for Sixth Form.



Remember: if you're struggling and need support, there is always someone to listen



If you are unhappy or facing a difficult situation and looking to make changes in your life to improve your wellbeing, our team can help. For more information, contact us using our self-referral form or by calling your local team: 0300 123 1503.

You can also ask your GP, school or college to refer you.

We see people at venues all over Norfolk, as well as keeping in touch by phone and Skype. The service is free – you will just need to cover the cost of getting to appointments and groups.

Confidentiality

When you first have contact with the team we will explain our confidentiality agreement with you. We will not share any of your information with anyone without your consent however there are some rare exceptions to this. If we feel that you are a danger to yourself or anyone around you, or that you are in danger from someone else, we have a duty of care to share this information with the relevant person.

How can I cope with the student lifestyle?

For most people, studying is a time where they socialise with a wide range of people and have many experiences. While this can be positive, it can also be overwhelming.

Managing Stress

You might feel there is a lot of pressure to do well academically, as well as pressure to be sociable. Try to build up strategies to manage stress before it gets too much, so it's easier to respond to additional pressure– for example, around exam times.

- Try using a planner to keep track of deadlines and key commitments and organise your study.
- Take time out to relax. Getting away from your desk, even for short periods of time, can help you keep calm.
- Keep an eye on social commitments to avoid overloading your schedule around deadlines for exams.

Looking after your physical health

- **Get good sleep.** If you're tired, your worries can get blown out of proportion. Getting into a regular sleep routine can help you stay on top of Sixth form life.
- **Eating a healthy diet.** Eating a balanced diet can help you feel well and think clearly.
- **Exercise regularly.** Keeping active can help you improve your mental health. Even gentle exercise, like yoga or swimming, can help you relax and manage stress.

“Tiredness is one of the biggest problems with the student lifestyle and can contribute significantly to my mood. I feel more emotional and less capable when I'm tired.”

How can I manage my studies?

How do I stick to structure

Having less structure can make it tricky to focus and get down to work. Building a daily routine that gives you focused time to work can make it easier to carry on when you feel low in motivation :

- Do you find it easier to work certain times of the day, Do you find it easier to work in certain places, How long can you concentrate for. Most of us need a regular break. Scheduling these in will help you work more affectively.
- Do you find it easier to work in certain places? Try to keep home and school separate, make use of the Sixth Form facilities and work in the study centre.
- Don't miss taught lessons. A levels are tough, your lessons with your teacher will help you achieve the highest grades with the support you need.
- Plan your week on a Sunday
- Plan your day the night before
- Stick to an intentional morning routine



Online Workshops can help you recognise and develop strategies to cope with the stresses and strains we all experience in life, mental health, and emotional issues. These workshops are running regularly and can be accessed quickly, just click on 'request a place' and complete the short form with your details. Online registration closes about 12 hours before the session, but if you have missed online registration and want to attend give us a ring on 0300 123 1503 (9-5 Mon-Fri).

Advice Session

You may be offered an Advice Session which is a one-to-one chat over the phone, by Skype, or face-to-face. You will be able to find out more about the service and we can discover a bit about you. We'll ask about what's going on for you, go through your options and help you decide your next step.

One-to-One Support

One-to-one support aims to be as flexible as possible, enabling you to see the same member of the team for a number of sessions, either over the phone, online, or face-to-face. All of the team are trained in areas such as cognitive behavioural therapy (CBT) or counselling. Depending on what you want and need, your sessions could be over a couple of months or over a longer period of time. This will also affect who you see from the team – to make sure you get the right help.

First Steps cont....

Sixth Form Pastoral Support



Lisa Knight

lknight3eru@nsix.org.uk

If you are struggling, and you need support with how you are feeling, then please make an appointment with Lisa or drop in for a chat. She can offer advice and guidance on a number of things that might be worrying you, or help with some of the challenges that you might be facing, such as anxiety, exam stress, sleep issues, or time management. If needed, Lisa can also recommend further support and/or put you in touch with someone else who can help.

Appointments can be made directly with Lisa, via email or through your Tutor.



Structure & Organisation

In Sixth Form you may find that you have more responsibility for your own study than you have been used too. This can provide flexibility in how you structure your day, but getting used to planning your own study can be a challenge.

How do I get organised?

Planning your study schedule can help you feel less stressed and more in control of your workload. You may find it helpful to keep track of your commitments and plan ahead. You could use a written planner, an online calendar or an app.

- Find out when your **deadlines and exams** are and start planning your time and preparing for assessments in advance. You may be able to predict when you'll be busier and plan around this.
- **Avoid last minute work crises** by working backwards from a deadline to think about what work needs to be completed when. Setting mini personal deadlines can help break down larger projects.
- **Keep other responsibilities and commitments in mind.** If you are part of a sports team or you have a part time job, think about how you will balance these commitments. It helps to plan ahead and remind the team and your work when your work deadlines are.
- Think about times when you might **struggle with your mental health.** For example, anxiety around an anniversary or another regular event, or you may need reflection recovery times after therapy sessions or appointments.
- **Inform your tutor and Sixth Form** if there are times when it is likely that you will not be able to complete as much work. Teachers are more likely to be flexible when informed in advance.
- **Plan time to yourself.** While both academic work and social occasions are an important part of the student experience, it's useful to plan breaks to look after yourself.

Am I studying effectively?

Everyone has a different way of studying. Comparing yourself to others might leave you wondering whether you are going about things the right way– but different methods work for different people, so find out what works best for you.

- More hours of work don't always equate to better grades– taking breaks can help you to concentrate better.
- Try to find out exactly what you need to do to know and stay focused.

If you are not getting feedback from your teachers, it can be hard to know if you're working the right way or studying effectively. You can:

- Talk to your teachers, tutor or Sixth Form
- Use online resources to help you understand how you can study more effectively (Open University study skills resources)

What to do if things don't go to plan

Sometimes things don't go as expected. This can be a challenge, but it happens to everyone. You might find it helpful to:

- Have an alternate work schedule if your day or week's routine is disrupted.
- Schedule spare time so that you can catch up if necessary.
- Talk to your tutor if you feel things aren't going to plan so that you feel comfortable having these conversations.

“The important thing is to remind yourself that you can't necessarily compete with classmates who are mentally well– so there is no point in beating yourself up if you take a bit longer to do things ”

About student mental health

Studying is likely to bring a number of changes to your life. It can be enjoyable and interesting, but it can also be challenging.

You might face challenges such as:

- Meeting and working with new people
- Exams, presentations or deadlines for written work
- Balancing the demands of studying with other commitments, such as caring responsibilities or work
-

Stress – becoming a student can be a stressful experience. Although stress isn't a mental health problem, it can lead to mental health problems like depression and anxiety..

Lack of support – You don't have enough time to see your friends and family. Not having a good support network can make you vulnerable to developing a mental health problem.

Depression is another common mental health problem among students. Depression is a type of mental health problem that involves having a low mood or losing interest and enjoyment in things. It can cause a range of other changes too, and if affects your everyday living. If your mood stays low, it is time to ask for support.



Worried about how you're feeling?

Visit [youngminds.org.uk](https://www.youngminds.org.uk) for information on getting the support you need and practical tips from young people just like you.

YOUNGMINDS

Reaching out for help

Talk to someone you trust. It could be your parents or wider family members, like older cousins, aunts or uncles. Outside home, it could be a teacher, a neighbour, a faith leader or a close family friend. You can also speak to your GP about how you're feeling. They can listen, tell you about local services and support groups, or they may suggest specific treatment for the way you're feeling. It can feel scary talking to someone about feeling lonely, but remember that most people have experienced loneliness at some point.

Follow Your Passions

If there is something you absolutely love there will be other people out there who feel the same. Whether that's an online fan forum or a local writers' group, find ways to connect with the things you love and you might be surprised about what opportunities that leads to.

Join a club

You don't have to be good at something to give it a go and enjoy it. A regular hobby with other people can help you build new friendships and have fun. It can feel really nerve-racking to turn up to a new place, especially if the people already know each other, but you're likely to find people who are very happy and willing to help you settle in. If you feel anxious about meeting new people,

It's okay
not to be
okay.

Loneliness

There are certain times in your life when you might be more likely to feel lonely. This might be when things are changing in your life, such as moving to a new city, a relationship or friendship ending, or a bereavement. Sometimes you can feel lonely even if you are around lots of people in a social situation, or if you have lots of friends – especially if you feel like the people around you don't understand you. But remember that lots of people experience loneliness for lots of different reasons, and there are things you can do if social isolation is affecting your mental health.

You might experience loneliness when you:

- start a new school, university or place of work and are finding it hard to make friends
- go through something that your peers haven't or are unable to relate to
- feel very different from your peers or people around you
- aren't able to do the things you see others doing
- are struggling with your sexuality or gender identity

Meeting new people

Being around so many other students creates a great opportunity to meet like-minded people. If you're finding it hard to meet new people, remember many other students will feel the same way. Here are some suggestions to help you get started:

Volunteering

This can be a great way to increase social interaction while also learning a new skill and giving back to your community. It can help you to feel good about yourself and meet people passionate about the same things as you. Vinspired have lots of volunteering opportunities which you can search for according to where you live.

DRUGS & ALCOHOL

Drink aware

Information about managing alcohol safely

drinkaware.co.uk

Frank

Information and advice about drugs

talktofrank.com 0800 77 66 00



Support

What support can I get?

The support you may require is individual so it's useful to think about what you would find helpful. We are happy to discuss this with you so you are speaking to the right people. We also have access to support in school ..

- Buster our Pat Therapy Dog visit's fortnightly..
- If you need help with organisation your tutor will be able to support you.
- We have contact with various outside agencies that can support you as students.
- It maybe worth contacting your Gp to get a health check. Sometimes the simplest of things can make a huge difference.
- We can help with Anxiety and stress related concerns, and help with confidence building.



When life is tough,
we're here to listen

SAMARITANS

Call us free 24/7 on

116 123

samaritans.org

A registered charity