

# Hellesdon High School & Sixth Form Centre

Enjoy | Achieve | Succeed

## Hellesdon High School Sixth Form

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NR6 5SB

Tel: 01603 254344

Email: [sixthform@hellesdon.net](mailto:sixthform@hellesdon.net)

[www.hellesdon.net](http://www.hellesdon.net)

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# Wellbeing

**A guide to your support  
Inside and Outside of Sixth Form**

# Help Available in Sixth Form



## LGBT

**BLAH LGBT+ Youth project provides support for young LGBT+ people and those questioning their sexuality and gender identity aged 25yrs and under.**



**Please email us at [blah@norfolklgbtproject.org.uk](mailto:blah@norfolklgbtproject.org.uk) or call 01603 219299 for more information.**

NORFOLK  
**LGBT+**  
**PROJECT**  
SUPPORT INFORMATION ADVICE

[www.norfolklgbtproject.co.uk](http://www.norfolklgbtproject.co.uk)

**Providing support that is relevant to the health and wellbeing needs of the lesbian, gay, bisexual and transgender + community in Norfolk and Waveney since 2007.**

**"BLAH has given me the confidence to be who I am without being ashamed" – A. 17.**

## General Advice/Support cont...

Norwich monthly Young Carer Groups in partnership with Carers Matter Norfolk:

To find out more about Carers Matter Norfolk please visit:



Carers Matter Norfolk

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

**We provide positive activities for young people who have limited opportunities in life – perhaps they're caring for a parent or come from a socially deprived area. A chance to escape their day-to-day pressures and be a child again is vital.**

**Through our youth activities throughout Norfolk and our youth and family centre in Thetford, we give young people a safe, supportive environment with opportunities to learn, socialise and be a positive part of their community.**



The Benjamin Foundation

**Benjamin Foundation.org**

## First Steps



*we're here for you.*

### **Your Personal Tutor**

If you have concerns regarding your welfare and your work is suffering as a result, talk to your Personal Tutor. They have lots of experience working with all types of student issues. They can really help, or put you in touch with someone who can.

### **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.

Mr Taylor, Director

Mrs Kelleway, Head of Year

Mrs English, Head of Year

Sophie, Study Supervisor,

Sabrina, Sixth Form Coordinator

&

Lisa, Sixth Pastoral Support Officer,

we are all the Sixth Form Team.



**Remember, if you are having any issues tell someone, we are here to help.**

# First Steps cont...



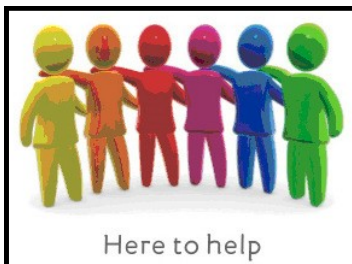
## Sixth Form Pastoral Support

**Lisa Knight**

Lisa is available to help students with things they often struggle with as they go through Sixth Form. She is able to advise and help with organisation, time management and areas that will be a new challenge as you start your independent learning.

She is also available for advice and guidance on all areas of Sixth Form, including how to deal with Anxiety and Stress.

**Appointments can be accessed directly  
with Lisa or through your Tutor.**



Here to help

## Support Services

# childline

ONLINE, ON THE PHONE, ANYTIME

childline.org.uk | 0800 1111

Childline is here to help anyone under 19 in the UK with any issue they're going through.

You can talk about anything. Whether it's something big or small, our trained counsellors are here to support you.

They're all different ages and come from lots of different backgrounds. But what they all have in common is that they want to help young people.

They're real people who want to support you with any issue you're facing. They're trained but they don't follow a script. If you want to, you can ask them their name.

### A Childline counsellor:

- ⇒ will listen to you
- ⇒ knows it takes courage to contact us
- ⇒ is genuine, open and friendly
- ⇒ knows about the problems young people can face
- ⇒ won't judge you or put you down
- ⇒ isn't easily shocked
- ⇒ will let you take your time.

## Support Services

When life is tough,  
we're here to listen

**SAMARITANS**

Call us free 24/7 on  
**116 123**  
**samaritans.org**

Need support? We're here to listen 24 hours, 365 days a year.

Call 116 123 for free or view other ways to get in touch.

## Help available outside Sixth Form:

### Mental Health, Depression, Low Mood, Stress Anxiety

YoungMinds.org.uk Very useful lots of information

Every Mind Matters [www.nhs.uk/every-mind-matters](http://www.nhs.uk/every-mind-matters)

<https://www.map.uk.net/find-us/>

StudentsAgainstDepression.org

Kooth.com—Online Mental Wellbeing Community

whatsupwitheveryone.com

thecalmzone.net (although general, good for men's mental health awareness)

### Anxiety Help Tools / Apps

Calm

Dare

### Domestic Abuse

[www.spurgeons.org](http://www.spurgeons.org)

[www.leewaysupport.org](http://www.leewaysupport.org)

### Eating Disorders

[eatingmatters.org](http://eatingmatters.org) contact form or call 01603 767062

[beateatingdisorders.org.uk](http://beateatingdisorders.org.uk)

### Drugs and Alcohol

[matthewproject.org](http://matthewproject.org)

[talktofrank.com](http://talktofrank.com)

## SUPPORT CONTINUED

### Suicide Crisis

**Samaritans** 116 123 (Anytime)

**YoungMinds Crisis Messenger** – for people under 19 Text "YM" to 85258

**Shout Crisis Text Line** – Text "SHOUT" to 85258

**Childline** 0800 111 for children and young people under 19 the number will not show up on your phone bill

**SOS Silence of Suicide** – for everyone Call 0300 1020 505 – 4pm to midnight every day

**Email** [support@sossilenceofsuicide.org](mailto:support@sossilenceofsuicide.org)

### Sexual Health

**iCaSH** 03003003030

### Gender & Sexuality

**Blah Norwich** 01603 219299

**Evolve/Map** 01603 766994 [map.uk.net](http://map.uk.net)

### Other Support

**The Benjamin Foundation** (Offering emotional wellbeing support) 01603 615670

### Break

Help for families and vulnerable young people  
[reception@break-charity.org](mailto:reception@break-charity.org) 01603 670100

## DRUG AND ALCOHOL INFORMATION

[www.matthewproject.org](http://www.matthewproject.org)

**Advice Line: 0800 970 4866**

ARE YOU UNDER 18 AND LOOKING  
FOR HELP AND SUPPORT WITH  
SUBSTANCE MISUSE OR MENTAL  
HEALTH ISSUES?



THE  
MATTHEW  
PROJECT  
**unity**  
no compromise on hope

<http://www.matthewproject.org/>



## DRUG AND ALCOHOL INFORMATION

**DRUGS ARE  
ILLEGAL.  
TALKING  
ABOUT THEM  
ISN'T. SO TALK  
TO FRANK.**

**FRANK**

0800 77 66 00 [talktofrank.com](http://talktofrank.com)

FREE CONFIDENTIAL DRUGS INFORMATION  
AND ADVICE, 24/7 A DAY

**CALL 0300 1236600**

**TEXT 82111**

**Honest information  
about drugs**

# Having a mental health crisis?



**Text YM to 85258 for free 24/7 support across the UK if  
you are experiencing a mental health crisis.**

All texts are answered by trained volunteers, with support from  
experienced clinical supervisors.

**YOUNGMINDS**  
Crisis Messenger

powered by

**CRISIS TEXT LINE |**

2018 YoungMinds. Registered charity  
numbers 1016968 & SC039700

## DOMESTIC VIOLENCE

### Helpline - 0300 561 0077

Our domestic abuse helpline is staffed by skilled workers ready to offer free, confidential and non-judgemental advice. Where appropriate they can also make referrals to other Leeway services and external agencies.



### Children & Young People Service

Domestic abuse can affect children and young people in a number of ways. The most common effects include anxiety, withdrawal, depression and aggressive behaviour. Through one-to-one support and group work, our Children and Young People service helps them to come to terms with their experiences and develop the skills needed to communicate effectively and build positive relationships.



Email [adviceandsupport@leewaynwa.org.uk](mailto:adviceandsupport@leewaynwa.org.uk)

## 5 GREAT ways to mental wellbeing

- G**ive something back
- R**elate to other people
- E**xercise your body
- A**ppreciate your world
- T**ry something new





## EATING DISORDERS

You are never alone with your eating disorder. We at Beat are here to support people who have or are worried they have an eating disorder, as well as others affected, such as friends and family members.



**Helpline: 0808 801 0677**

**Studentline: 0808 801 0811**

**Youthline: 0808 801 0711**

Our Helplines are open 365 days a year from 12pm–8pm during the week, and 4pm–8pm on weekends and bank holidays.

Sometimes their lines are busy. If you can't get through immediately, please do try again or try their one-to-one web chat.

*"Recovering from an eating disorder is like riding a bike for the very first time. You can fall at any point, it seriously hurts and can actually knock your confidence. But by getting up and back on, you'll show your 'bicycle' who's boss and finally you'll know how to ride like any 'normal' kid."*

## SEXUAL HEALTH

iCaSH - the integrated  
Contraception  
and Sexual Health Service



Contact: 0300 300 3030 [www.icash.nhs.uk](http://www.icash.nhs.uk)

Your Sexual  
Health



Here you'll find information and support for a range of sexual health issues, which may affect you.

Contraception



Learn about and choose contraception that suits you.

**For Information on areas including :-**

[Contraception](#)

[Pregnancy testing](#)

[Sexually Transmitted](#)

[Sexuality](#)

[Infections](#)

[Sexual Assault](#)

[HIV](#)

[Termination of pregnancy](#)



## MENTAL HEALTH SUPPORT

STUDENTS AGAINST DEPRESSION

.ORG

**Students Against Depression provides you with the resources you need to find a way forward from stress, low mood, depression or suicidal thinking.**

### What is depression?



We don't always realise when depression is affecting us. Learn the warning signs and found out if depression is casting its shadow over your life.

Once depression is triggered it progresses in a self-reinforcing spiral, bringing you lower and lower. Understand how depression works, so you are better placed to tackle it.

### How depression works



### Why me, why now?



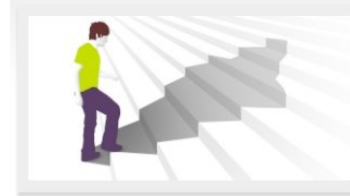
It is frustrating and demoralising not knowing why you are feeling this way. Find out what could have made you vulnerable to depression and how even small things can trigger it.

Take a step back, see the depression label from a different angle, and think about how depression might be challenging you to take stock and address your life values.

### Debating Depression



### Self help first steps



Small positive steps can make a big difference in turning depression around. The first step often feels the hardest, but these are the quickest and easiest ways to make a start.

Small changes to improve your sleep, eating, exercise and social habits can quickly help to make you feel a bit better and make your depression in the long run.

### Healthier daily routines



### Changing attitudes



Changing damaging attitudes and thinking habits entrenched by depression may take a bit longer, but with the right strategies you'll find this makes a very big difference.

<http://studentsagainstd Depression.org/>