

Student Support Guide - Summer 2025

LET IT GO

**Need support over
the summer holidays?
Message your pastoral team:**





Kelso
Mell
Toby

LET IT GO




SCAN ME

Access free mental health support by using the Tellmi app/website:



Free, safe & tellmi

Anonymous

Anxiety

Am I normal?

Autism

Depression

Coming Out

Exams

Mental Health
+ more



bacp | Accredited Service



ORCHA
Open Relationships
Community Health
Accreditation

Text the School Nurse for advice and support about your health:

A colorful poster for 'Health for Teens' by the NHS. The background features a collage of images: a girl shouting, a person in a medical mask, and a boy smiling. The text is arranged in several boxes. At the top right is the NHS logo. Below it, a large black box contains the text 'HEALTH FOR TEENS'. Underneath, three yellow boxes with black text read: 'TEXT YOUR SCHOOL NURSE FOR', 'CONFIDENTIAL HEALTH ADVICE AND SUPPORT', and 'SCAN THE QR CODE TO START A CHAT:'. To the right of the last box is a QR code. Below the QR code is a yellow and black striped horizontal line. Underneath that, a large black box contains the website 'WWW.HEALTHFORTEENS.CO.UK'. Below the website, two red boxes with white text read: 'SEE VIDEOS, FIND HEALTH INFORMATION, TAKE QUIZZES,' and 'AND FIND OUT THE TRUTH BEHIND THE RUMOURS'. At the bottom, a black box contains the text 'FIND US ON INSTAGRAM: @health_forteens #HealthforTeens'. At the very bottom, in small white text, it says: 'We are a Monday to Friday non-emergency service. Expect a response within 24 hours. For other help visit your GP or dial 111. In an emergency dial 999'.

NHS

HEALTH FOR TEENS

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CONFIDENTIAL HEALTH ADVICE AND SUPPORT
SCAN THE QR CODE TO START A CHAT:**

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AND FIND OUT THE TRUTH BEHIND THE RUMOURS**

FIND US ON INSTAGRAM: @health_forteens #HealthforTeens

We are a Monday to Friday non-emergency service. Expect a response within 24 hours. For other help visit your GP or dial 111. In an emergency dial 999

In an emergency situation, always call 999

Have a safe and enjoyable summer!

Kelso, Mell, Niki, Lauren and Toby (The LPS Pastoral Team)