

## **Pupil Wellbeing and Mental Health**

Hive is local service for young people and is open weekly

<https://www.togmind.org/services/hive>

The link below provides a wealth of knowledge about mental health issues, signs and symptoms and where to go for help.

<http://www.prestwich.bury.sch.uk/safeguarding-and-pupil-well+-being/mental-health/>

The website link below looks at exam stress and how it can put pressure on our mental health and wellbeing. The site provides ideas for dealing positively with anxiety and stress.

<https://www.childline.org.uk/info-advice/school-college-and-work/school-college/exam-stress/>

**Please note: These are only recommendations, more informational websites available**

### **Where to get help inside school**

- Form Teacher
- Any member of staff that you have a good relationship with
- Head of Year
- Mrs Connell – Emotional Support Manager
- Mrs Heap – Learning Support Manager
- Mrs Parkes – Special Educational Needs & Disability Co-coordinator

### **Where to get help outside of school**

- Talk to your parents/carers
- Visit your GP
- 24hr NSPCC helpline 0808 800 5000
- [www.youngminds.org.uk](http://www.youngminds.org.uk)
- [www.mindfull.org](http://www.mindfull.org)
- [www.childline.org](http://www.childline.org)
- [www.rethink.org](http://www.rethink.org)
- [www.samaritans.org](http://www.samaritans.org) 08457 90 90 90
- [www.mind.org.uk](http://www.mind.org.uk)

**Please note: These are only recommendations, other providers of support are available.**