

Are you or someone you know struggling with your wellbeing?

IF THE ANSWER IS YES, THERE ARE LOTS OF PLACES YOU CAN TURN TO



SCHOOL WEBSITE

The School website has a special page called the Mental Health and Wellbeing Support Hub, which is full of helpful contact numbers.

[www.svs.org.uk/
MentalHealthSupport](http://www.svs.org.uk/MentalHealthSupport)



CHAT ROOM

On Monday, the Chat Room is open. Located in Lambe's, you can either book an appointment or just drop in to see Louise, our mental health co-ordinator.

Email: needtotalk@svs.org.uk

MEDICAL CENTRE

The nurses are always available in the Medical Centre - you are welcome to drop in any time you like or book an appointment with them below.

Email: nurses@svs.org.uk

SCHOOL COUNSELLOR

On Tuesday, our School Counsellor, Sally Cloke, is on-site. You can make a confidential appointment with Sally by emailing the nurses.

Email: nurses@svs.org.uk



LIBRARY

If you don't want to talk to anyone, but would like support, there is a booklet in the Library you can pick up called 'Help Yourself'.

CONCERNS BOX

You can write an anonymous message to the School via the Concerns button. This is especially handy if you are worried about a friend. We do encourage you to leave your number so that we can contact you to support you.

svsep.svs.org.uk/concern

CHAPLAIN

You can reach out to our Chaplain, Mr Davies, who is available for confidential and supportive conversations.

You can discuss any topic with him.
You can also email him.

daviesg@svs.org.uk

ANY MEMBER OF STAFF

You can approach any member of staff at any time, by email or in person. If you say, 'Have you got ten minutes?', they will know you would like to talk and arrange a suitable time for both of you.



Scan me

Remember:

It is important to reach out for support. We are all here to help you.

