



Where to get  
support





Make a list of  
the places you  
know you can  
get support from

Share as a class / add to the list



# In school support

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- Form teachers
  - Year Leaders
  - Key Stage Leader
  - Safeguarding team
  - Stapleton House
  - School Nurse
  - Attendance Officer
  - Peer Mentors
- 



The poster features a central dark blue rectangle with the text 'PEER MENTORING' in large white letters at the top. Below this, a light blue rounded rectangle contains the text 'Stapleton House'. Underneath, it says 'Drop in at lunchtime and chat to us in confidence about your worries'. The poster is decorated with icons: a head with a heart inside, speech bubbles, a hand holding a heart, and two heads with brain icons connected by a line.

**PEER MENTORING**

**Stapleton House**

Drop in at lunchtime and chat to us  
in confidence about your worries



**"We're Always  
Ready to Listen"**

# In school support

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**STRUGGLING WITH YOUR MENTAL HEALTH?**



**DO YOU OR A FRIEND NEED SUPPORT?**

**SCAN THIS QR CODE TO CONTACT THE STAPLETON HOUSE TEAM. FOR URGENT SUPPORT ALWAYS GO DIRECT TO STAPLETON HOUSE OR FIRST AID**



**OTHER PLACES FOR SUPPORT**

**SCAN THIS QR CODE TO GO DIRECT TO A LIST OF FANTASTIC ORGANISATIONS WHO CAN OFFER SUPPORT**



## Help and Support

[Home](#) / [Students](#) / [Help and Support](#)

Student  
Help



### In This Section

- > [Bike Lockers](#)
- > [Canteen](#)
- > [Duke of Edinburgh](#)
- > [Equipment](#)
- > [Help and Support](#)
- > [Satchel One](#)
- > [IT Systems](#)
- > [Microsoft Office - Free for Students](#)
- > [Work Experience](#)

### Self Help

Explore the categories below to see relevant websites and support services.

- + [Crisis Helplines](#)
- + [Bereavement](#)
- + [Bullying](#)
- + [Eating Disorders](#)
- + [Family Issues](#)
- + [LGBTQIA+](#)
- + [Mental Health and Counselling](#)
- + [Self Harm](#)

School might be shut over summer but we have lots of information on our website:

# External Support

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- Health for Teens – this one is not just for mental health but also for physical health. You may have seen them when they come into school?
  - <https://www.healthforteens.co.uk/>
  - Kooth <https://www.kooth.com/>
  - Shout <https://giveusashout.org/>
  - GP or Nurse at the doctors
  - Friends and Family
  - Childline
- 

A colorful poster for Health for Teens NHS Trust. The background features a collage of images including a group of young people, a hand holding a heart, and a person's face. The text is arranged in several sections with varying background colors.

**HEALTH FOR TEENS**

**TEXT YOUR SCHOOL NURSE FOR  
CONFIDENTIAL HEALTH ADVICE AND SUPPORT:**

**07312 263295**

**OR SCAN THE QR CODE TO START A CHAT:**



**GET HELP WITH ALL KINDS OF THINGS LIKE...**

**HEALTHY EATING   RELATIONSHIPS   SMOKING**  
**EMOTIONAL HEALTH   BULLYING   SELF HARM**  
**ALCOHOL & DRUGS   ANXIETY   SLEEP   PUBERTY**

**WWW.HEALTHFORTEENS.CO.UK**

**SEE VIDEOS, FIND HEALTH INFORMATION, TAKE QUIZZES,  
AND FIND OUT THE TRUTH BEHIND THE RUMOURS**

# Poster

- Create a poster explaining / showing all the support and help available for students at The Grange.