



The Castle School

ACHIEVE | BELONG | PARTICIPATE







Accessing help and support at The Castle School

ACHIEVE

BELONG

PARTICIPATE

If you ever need help or support, there are plenty of people you can talk to:

-  **Any member of staff is happy to listen**
-  **You could email wellbeingsupport@castle.bep.ac**
-  **Go to Reception and ask to speak to someone**
-  **Write down your concerns in a statement or letter**



Speak to a member of the safeguarding team if you are worried about your own or someone else's safety



Mr Wordsworth

Deputy Headteacher and Designated
Safeguarding Lead



Mrs Sherring

Assistant Headteacher & SEMHCo



Mr Beer

Assistant Headteacher and Deputy
Designated Safeguarding Lead



Mrs Horsley

Welfare Officer and Deputy Designated
Safeguarding Lead

Safeguarding team

School
Nurse



Emotional Health
Relationships
Sexual Health
Drugs
Smoking
Alcohol

Got a concern?

If you're 11-19

**it only takes one text to
start making a difference**

**You'll get confidential advice from your
School Nursing Team and you don't have
to give your name if you don't want to.**

Just send a text or scan me

07480 635 516



**Improving
LIVES**

Disclaimer: This is not an emergency service; it operates Monday to Friday between 9am and 5pm and is only available by using a UK mobile number. Your messages are stored on our secure system and can be seen by the School Nursing Team who run our ChatHealth Service. Although this is a confidential service, in the event of an safeguarding issue the School Nurse has a duty of care to act on this and may escalate the concern.

**You
could
speak
to our
school
nurse**

Someone you know and can trust...

Your School Nursing Service can work both in and out of School to help provide or find you support about:

Keeping Healthy

Immunisations

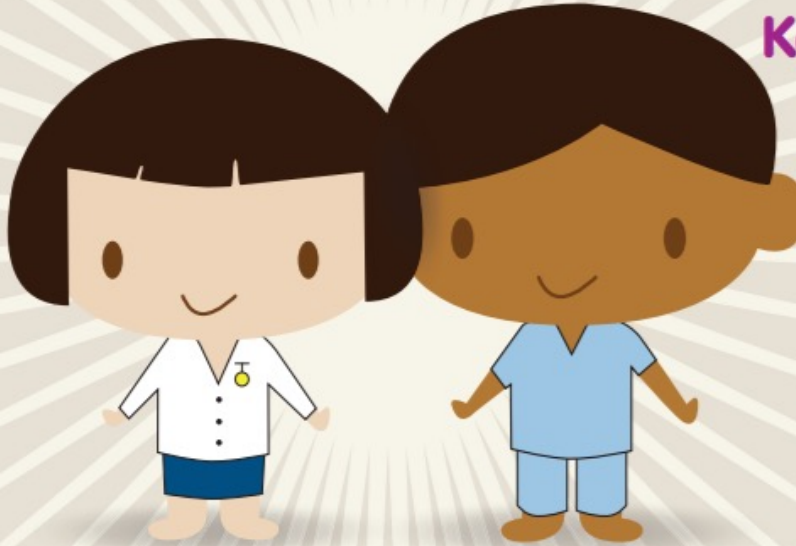
Emotional Health

Weight Management

Sexual Health

Drugs and Alcohol

Smoking



We can also help make sure that young people with disabilities, long term illness, or other needs can receive extra support when they need it. If we can't provide the help ourselves, we will connect you with someone who can.



The Report Abuse in Education helpline can be reached on:

0800 136 663

Monday to Friday 8am - 10pm, or 9am - 6pm at weekends. Or by email at:

help@nspcc.org.uk

**You could contact a different
organisation for help**



www.childline.org.uk

**You could contact a different
organisation for help**



www.youngminds.org.uk

**You could contact a different
organisation for help**



**YOUTH
ACCESS**

Championing advice and counselling

www.youthaccess.org.uk



020 8772 9900

**You could contact a different
organisation for help**

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

FRANK

0800 77 66 00 talktofrank.com

FRANK

0800 77 66 00 talktofrank.com

FREE CONFIDENTIAL DRUGS INFORMATION
AND ADVICE, 24HRS A DAY

**Free, safe
and anonymous
online counselling
and support**

**"I don't think I could've spoken
to someone face-to-face."**



**Chat to our
friendly counsellors**



**Read articles written
by young people**



**Join live
moderated forums**

kooth
kooth.com

kooth
www.kooth.com



Mind's Infoline. For mental health information, [Mind's Infoline](#) is open from 9am–6pm weekdays. You can contact our Infoline on 0300 123 3393, text 86463 or email info@mind.org.uk.