## Where can I find support?







## In our school, you can talk to...

- · Your form tutor or Senior Tutor
- The SSA / House Office in your year zone
- Safeguarding Team Mrs Riches, Mrs Lucas, Mrs Knott, Mr Patman, Mrs Mustill

We have lots of other support that you can access through referrals to your ST or Mrs Riches:

- · ELSA Miss Martin
- · Counsellors Mrs Rendell-Read
- · Mental Health First Aiders Mrs Sheridan, Mrs Lennon, Mrs Lightfoot
- · Bereavement Counsellor Jane Dawe
- · Centre 33 counselling

You can also access Food Bank vouchers from Mrs Lucas, personal hygiene kits from Mrs Lightfoot and C-Cards from Mrs Riches and Mrs Lightfoot

You can also email any concerns to <a href="mailto:helpinghands@elycollege.co.uk">helpinghands@elycollege.co.uk</a>







## Other places

ChildLine: www.childline.org.uk Tel. 0800 1111

Youth Wellbeing Directory: www.youthwellbeing.co.uk

Anna Freud National Centre: www.annafreud.org

The Mix: www.themix.org.uk



