



Outside School

There are various places you can get advice and support from. Below are a few linked suggestions.

The [Moodzone](#) is an NHS site where you can access advice and support for yourself or someone you are concerned about.

[Childline](#) offers 1 to 1 online or over the phone support. They will offer lots of ideas to help you cope with self-harm, eating disorders, low mood etc.

[Kooth](#) is an online counselling and emotional well-being platform for children and young people. It is accessible through mobile, tablet and desktop devices.

[Samaritans](#) for someone to talk to about suicidal thoughts or anxiety.

Inside School

Form tutor You can book a time to talk things through with your form tutor.

Year Leader You can book a time to talk things through with your Year Leader.

Mental Health Ambassadors. Students that have been trained to support peers who are suffering from anxiety. Drop in at lunchtime on Wednesdays in BS1.

Safer police officer for Kingston schools for advice, chats and guidance.

Your Health Care professionals offering 1 to 1 listening to students. Lunchtime on Mondays in the Pastoral room or KS3 office.

School Nurse / CAMHS Community Nurse. Appointments available on request.

School counsellors offering 1 to 1 counselling for anxiety, low mood and low self-esteem.

Clinical Psychologist offering clinical help for depression.

External Agencies

Your GP. Make an appointment through your local surgery.

CAMHS. Child and Adolescent Mental Health Service. These are the NHS provided services for children who are having difficulties with their emotional or behavioural well-being. Referrals can be made through school, your GP or self-referrals.

[Saying Goodbye Project.](#) Offers support, counselling for children, young people and adults dealing with bereavement.

[Kingston Young Carers.](#) A young carer is someone under 18 who helps look after someone in their family, or a friend, who is ill, disabled or struggles with addiction. If this describes you then the young carers organisation can support you.