



## What can I Do?

- **Engage with the world around you**
  - be involved in clubs
  - socialise with friends
  - do things with your family (even when you don't feel like it)
- **Talk about your feelings and worries with someone you trust**
- **Ask for help**
- **Do something that you enjoy**
- **Keep active**
- **Eat well**
- **Take time out and relax**
- **Limit your time on social media**
- **Remember your good points**
- **Get enough sleep**

## Support 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.

**Mental Health First Aiders.** Adults who have been trained to support mental health.

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

**School Nurse** offering 1 to 1 listening to students. Lunchtime on Mondays in the Pastoral room or KS3 office.

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

**Clinical Psychologist** offering clinical help for depression.

Full list of support services available here:  
[www.richardchalloner.com/studentsupport](http://www.richardchalloner.com/studentsupport)

## External Support

**Your GP.** Make an appointment through your local surgery.

**CAMHS.** Child and Adolescent Mental Health Service. This is the NHS service 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 and understanding for children, young people and adults dealing with bereavement.

**Kingston Young Carers.**

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.

**Apps / Websites** such as

- Young Minds
- Headspace
- Smiling Minds
- Calm