## Where Can I Get Help?

- ✓ Talk to a teacher you trust
- ✓ Speak to the School Nurse
- ✓ Talk to a member of the pastoral team
- ✓ Ask to see the school counsellor
- ✓ Join one of our new support groups

## childline

ONLINE, ON THE PHONE, ANYTIME childline.org.uk | 0800 1111



Make an appointment with your GP



## **SAMARITANS**

We're here to listen

Call free day or night on 116 123 samaritans.org





Mrs Sharkey DSL



Mr Allen DDSL



Dr Reynaert DDSL



Mrs Beveridge School Nurse



Jenny School Counsellor



Lucy Counselling Assistant



The Pastoral Team

Miss Lynch Head of Year



Mr Cooper Head of Year 8 & 9



Mr Jackson Head of Year 10 & 11



Dr Lawson Head of OLA Sixth



Mrs Roberts SENDCO



Lorna Pastoral Assistant



DIGITAL SOCIAL MOBILE

THEMIX.ORG.UK