

# In school support....



**Struggling with exam concerns...?**

Talk to your Form tutor, Subject teacher or Phase Leader



**Struggling with low mood or depression...?**

Talk to your Form tutor, Phase Leader, Young Health Champions or Ms Burns

**Safeguarding concern...?**

Contact the school safeguarding team

**Struggling with bullying...?**

Talk to Form tutor, Phase leader or the anti-bullying team

**Struggling with school work...?**

Talk to your subject teacher, Form Tutor, Phase Leader or parents.

**Struggling with anxiety...?**

Talk to your Form tutor, Phase Leader, Young Health Champions or Ms Burns

**HOW TO CONTACT THE YOUNG HEALTH CHAMPIONS**

THROUGH MS BURNS ON [zarineburns@lgs.slough.sch.uk](mailto:zarineburns@lgs.slough.sch.uk)

How to contact the Safeguarding Team

Via email; [1safeguarding@lgs.slough.sch.uk](mailto:1safeguarding@lgs.slough.sch.uk)  
or speak to Mr Constable, Ms Burns, Mrs Dobbs or Ms Makowski.

*How to contact your Subject Teacher, Form Tutor or Phase Leader*

*They can all be reached via their school email addresses or ask to talk to them at the end of a lesson.*



**If you would like in school counselling contact Ms Burns**

*How to contact the Anti-Bullying Team. Via email;*

[AntiBullyingTeam@lgs.slough.sch.uk](mailto:AntiBullyingTeam@lgs.slough.sch.uk)



*How to contact Ms Burns*

*Via email on*

[zarineburns@lgs.slough.sch.uk](mailto:zarineburns@lgs.slough.sch.uk)



# Self-help apps...



[www.nhs.uk/apps-library/meetwo](http://www.nhs.uk/apps-library/meetwo)

**kooth**

[www.kooth.com/](http://www.kooth.com/)



**time to change**

let's end mental health discrimination

[www.time/to/change.org.uk](http://www.time/to/change.org.uk)



[www.nhs.uk/apps/library/distract](http://www.nhs.uk/apps/library/distract)



[www.calmharm.co.uk](http://www.calmharm.co.uk)

**NSPCC**

[www.nspcc.org.uk](http://www.nspcc.org.uk)



# Other sources of help...



You may wish to speak to a professional you trust to consider a referral to Child and Adolescent Mental Health Services (CAMHS). Alternatively, you may wish to refer yourself. Please email [earlyhelp@slough.gov.uk](mailto:earlyhelp@slough.gov.uk) to request a CAMHS getting help form.



If you feel worried that something's not right,



there are people you can talk to.

**Something's not right**

[childline.org.uk/somethings-not-right](http://childline.org.uk/somethings-not-right)

**TALK TO US**  
If things are getting to you

📞 **116 123** FREE  
This number is FREE to call round the clock

✉️ [jo@samaritans.org](mailto:jo@samaritans.org)

🌐 [samaritans.org](http://samaritans.org)

**SAMARITANS**  
A registered charity

If you are having suicidal thoughts or extreme mental health difficulties, you can contact CAMHS mental health support team by calling

**0300 365 1234**