

Where to go when you are not ok...

Each of us has a duty to seek help when we notice that we or someone in the school community is not ok.

You can find help by talking to:

- Any member of staff in school
- However, in the first instance your **tutor** is the best person to speak to in school as they see you everyday and will know you relatively well.
- If you have done this and you still need help you can also go to the **Nest**
- Its important to talk to your **parents** as they can also support you and talk to us on your behalf.
- You can also email Mr Hopwood (Wellbeing Lead) if you need some support or have any questions about mental health and wellbeing
DHopwood@purbeck.dorset.sch.uk

For what to expect when you talk to someone in school click here

For information, advice and guidance on all thing's mental health and wellbeing, you can follow this link

Where can I seek more discreet or anonymous help

- [Kooth.com- online anonymous, free counselling support, advice and guidance on all things mental health](#)
- [Childline- Call, chat online, access online counselling or email for support](#)
- [The Samaritans – anonymous help by phone, email, letter and more](#)
- [Mind – contacts for mental health and wellbeing](#)
- [Young Minds – Young people friendly help and contacts for mental health and wellbeing](#) @YoungMindsUK | youngminds.org.uk/resources/
- [School website- this section had help, resources and advice on all things mental health and wellbeing.](#)
- [LGBTQ+ Support, advice and much more for young people in Dorset](#)

Urgent Help

- [Need Urgent Help? Dorset Mind Mental Health](#)

- **CAMHS** [CAMHS Dorset](#)
- **National Society for the prevention of cruelty to Children** [NSPCC | The UK children's charity | NSPCC](#)