



Wellbeing Support at Rossett School

Student wellbeing and mental health continues to be at the forefront of our pastoral support at Rossett School and we are proud to have a dedicated team of staff who are passionate about supporting our young people.

By putting wellbeing and mental health at the heart of our school community, we work hard to remove any stigma around talking about mental health and wellbeing and ensure that support is easily identifiable and readily accessible to everyone.

Students know who they can talk to in school and are confident that their concerns will be addressed by sympathetic and caring members of staff trained to listen. Form Tutors are the first point of call for general worries around friendships, school life and homework.

Individual Year Teams are available to discuss student welfare and wellbeing and to manage any wider concerns around the curriculum and behaviour. They will work with parents and carers and wider staff in school to ensure that issues are addressed quickly.

Year Group	Director of Learning	Student Support Officer
Year 7	Mrs H Grabham	Ms A Dalton
Year 8	Mr M Fell	Mrs C Russell
Year 9	Ms N Mooney	Ms P Mills / Mrs D Banyard
Year 10	Mr M Sweetman	Mrs G Reynolds
Year 11	Mr M Bulmer	Mrs C Saunders
Sixth Form	Mr R Keyworth / Mr R Durbin	Ms P Higgins

SUPPORT IN NORTH AND WEST YORKSHIRE

In addition to a dedicated team of pastoral staff, Rossett School also works closely with the following agencies and organisations in North and West Yorkshire to provide a wide range of targeted support to our students and their families. School staff will work collaboratively with families and carers to identify the right support for your son/daughter.

The Go – To

A one stop website outlining all the wellbeing and mental health provision available in North Yorkshire.

www.thegoto.org.uk/.

The Healthy Child Team (Harrogate and District NHS Foundation Trust)

This team works both in and out of school providing support, advice and intervention around many aspects of children and young people's health and wellbeing. Referral can be made through schools, via GP's or direct from parents/carers.

Tel 01423 553432. www.hdft.nhs.uk/services/childrens-services/



Compass REACH

A free, confidential health and wellbeing service for children and young people in North Yorkshire who need support with issues related to drugs, alcohol, mental health and / or sexual health. A small team of qualified nurses and practitioners will support young people aged 9 to 19 (or up to 25 years old if you have special educational needs or disabilities) to lead happier, healthier lives. The service is free, confidential and voluntary – plus they'll meet you somewhere that you feel comfortable and safe. Tel 01609 777662 or 0800 008 7452 www.compass-uk.org/services/north-yorkshire-compass-reach/.

CAMHS (Child and Adolescent Mental Health Services)

The community child and adolescent mental health service offers support to children, young people and their families who are experiencing significant emotional difficulties or who have mental health issues. Anybody can refer to the service, including the parent of a child or young person, who can telephone the team directly or speak to a professional through school or their GP.

Tel 01423 726900 www.tewv.nhs.uk/services/harrogate-community-services-for-children-and-young-people

CAMHS CRISIS

This team supports young people in the community who are experiencing acute crisis and where there is a risk to themselves and/or others. The team will support, advise and offer assessment if felt appropriate. The service is accessible 7 days per week from 10am – 10pm
Tel 01423 544 335



COMPASS BUZZ

An exciting, innovative project that aims to improve the mental health and wellbeing of children and young people aged 5-18 (25 with SEND) in schools across North Yorkshire. A text messaging service is also available. www.compass-uk.org/help-and-support/children.



EARLY HELP (FORMERLY KNOWN AS THE PREVENTION SERVICE).

The aim of the service is to reduce the numbers of children and young people requiring more intensive and more costly interventions through children's social care and other crisis led services, by providing timely and effective responses that prevent difficulties escalating. Every effort is made to ensure that families can access readily a range of support to ensure that their children are safe, happy and well and that they can flourish at school and in the wider world. Parents can self-refer or in partnership with school. Telephone 016090534842 or www.northyorks.gov.uk/early-help.



JUSTB

Just 'B' is available to anyone in the Harrogate district who is struggling with bereavement, no matter how their significant person died. They offer support free of charge to children, young people and adults. We can offer a range of support to meet individual need, including information, individual, family and group support, and access to counselling where appropriate. They also offer a school-based support service to students who may be struggling with anxiety or low mood.

www.justb.org.uk/ or 01423 814 480

LEEDS MINDMATE (Single Point of Access)

MindMate helps young people in Leeds find help with their mental health and wellbeing. www.mindmate.org.uk.



KOOTH

An online counselling service offering free, safe and anonymous support. www.kooth.com.



TEEN CONNECT

Teen Connect is a helpline for 11-18-year-olds living in the Leeds area. They can offer up to an hour of support either by phone or online chat. Open every day of the year: Mon-Fri 3.30pm–2am; Sat-Sun 6pm–2am
www.slcs.org.uk/services/connect-helpline/teen-connect or 0808 800 1212.





Forward Leeds

Alcohol and drugs service in Leeds for adults, young people and families. Open 9am- 5pm. Contact 0113 887 2477 or visit www.forwardleeds.co.uk

Leeds CAMHS

CAMHS is a specialist mental health service for children and young people. Staff are highly trained in a range of different assessment techniques and evidence-based therapies. Staff work closely in teams so that we can offer services tailored to the needs of children, young people and families.

www.leedscommunityhealthcare.nhs.uk/camhs/about-camhs-in-leeds.

The Market Place

A free confidential service for 11-25-year old's in Leeds offering a range of services including 1:1 support, counselling, group work and weekly drop-in.

www.themarketplaceleeds.org.uk.



USEFUL WEBSITES

In addition to the local agencies listed above, the following organisations can offer invaluable support and advice and we will often signpost parents to these websites.



Young Minds

Young Minds' is the leading charity committed to improving the emotional wellbeing and mental health of children and young people. Young Minds offer information to young people and children about mental health and emotional wellbeing. If you need to talk, they can let you know about organisations that listen, plus they offer online support and information.

www.youngminds.org.uk

Childline

Childline is the UK's free helpline for children and young people. It provides a confidential telephone counselling service for any child or young person with a problem. Childline provides advice and information on a range of topics. Also, you can get support on the online message boards.

Freephone 0800 1111 (24 hours and the call won't show on your phone bill) or www.childline.org.uk

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



Charlie Waller Memorial Trust

At the Charlie Waller Memorial Trust we produce booklets and posters on many aspects of mental health. These are free to download or order and include our Parent's Guide to Depression: <https://www.cwmt.org.uk/parents-guide>



The Mix

Free, confidential telephone helpline finding young people the best help whatever the problem. Provides free connections to local or national services and can text information to callers' mobile phones. Freephone 0808 808 4994 (7 days a week 1pm-11pm)

www.themix.org.uk

Samaritans

Samaritans volunteers listen in confidence to anyone in any type of emotional distress, without judging or telling people what to do.

Call 0116 123 (24 hours, 7 days a week)

www.samaritans.org/



FRANK

Confidential information and advice for anyone concerned about their own or someone else's drug or solvent misuse.

Freephone 080077 66 00 (24 Hours service, free if call from a

landline and won't show up on the phone bill, provides translation for non-English speakers).

www.talktofrank.com

B-EAT Youth Helpline

Online community information help and support for anyone affected by eating disorders.

Call 0845 634 7650 (Monday to Friday evenings from 4.30pm to 8.30pm and Saturdays 1.00pm to 4.30pm)

www.b-eat.co.uk/



Kidscape

Kidscape are the first charity in the UK established specifically to prevent bullying and sexual abuse. The website offers advice and practical skills on how to deal with bullying. Remember, no-one deserves to be bullied.

www.kidscape.org.uk

It Gets Better Project

Project created to inspire hope for young people who are lesbian, gay, bi or trans can see clips of other people's coming out stories.

www.itgetsbetter.org/





Mermaids

One of the UK's leading LGBTQ+ charities, empowering thousands of people with secure online communities, local community groups, helpline services, resources and education.

mermaidsuk.org.uk

Ostrich Foundation

The Ostrich Foundation exists to work with and support other charities and NHS agencies helping reduce the number of young people who take their own lives, by shattering the stigma around suicide and helping remove the word 'committed' from common vocabulary.

Our aim is to work with other charities to help equip young people and their communities with the skills to recognise and respond to suicidal behaviour.

Helpline 07799 634939

www.ostrichfoundation.co.uk/



Winston's Wish

Winston's Wish believe that bereaved children need support to make sense of death and rebuild their lives. The Winston's Wish Helpline offers support, information and guidance to all those caring for a bereaved child or young

person.

Helpline 08452 03 04 04 (Monday – Friday, 9am to 5pm and Wednesday evenings, 7pm to 9.30pm).

www.winstonswish.org.uk

WELLBEING APPS

There are also a considerable number of free wellbeing apps that students and parents can download to support with managing stress and anxiety, encouraging daily check ins to monitor mood, coping strategies and breathing techniques. Some of the best ones include:

Headspace

For mindfulness, meditation and improved wellbeing in 10 minutes a day.



CLEAR FEAR

Clear Fear is an app developed for teenage mental health charity stem4 and uses the evidence-based treatment CBT to focus on learning to reduce the physical responses to threat by learning to breathe, relax and be mindful as well as changing thoughts and behaviours and releasing emotions.

CALM HARM

Calm Harm provides tasks to help you resist or manage the urge to self-harm. You can make it private by setting a password, and personalise the app if you so wish. You will be able to track your progress and notice change.



COMBINED MINDS

Combined Minds helps families and friends to find ways to provide the right environment to help the individuals they support affect their own change. As important influencers in the lives of young people, this provides positive impact on their mental health.

MY POSSIBLE SELF

A mental health app with clinically proven content that uses a 'moments' function to monitor your feelings and recognise any patterns or triggers in your behavior. There is a self-help 'module' to tackle issues such as stress, anxiety, loss or major life changes.



STREAKS

Streaks is a to-do list that helps you form good habits, and an essential app to hold you accountable to all your goals. The app allows you to track up to twelve tasks you want to complete each day and the goal is to build a streak of consecutive days. Great for revision.