

A safe haven of support, for you, whenever you need it...



Starter Support

To support you before a crisis

- **Use self help strategies** – pick up a leaflet from Mrs Goodman
- **Mrs Goodman** available every day for 1:1 support.
- **Mrs Sibley** available to offer a consultation see HOY/Mrs Goodman/Mr Boerm to send a referral.
- **Kooth** Online counselling service. Kooth.com. Any child can log on and speak to a trained counsellor until 10pm at night.
- **ChildLine** 0800 1111
Childline.org.uk Help, support and advice on the phone or via the internet.
- **Chat Team**

Main Support

- **Mental Health Trained First Aiders** Mrs Goodman/Mrs Sibley
- **LGBT Ambassadors** Mrs Goodman/Mrs Sibley.
- **1:1 Mentor Sessions.** Bespoke service tailored to each individual.
- **Primary Transition** for the more vulnerable students.
- **Bespoke intervention plan/timetable** for students struggling with anxiety disorder/mental health issues.
- **Access** to a quiet, safe place to work.
- **School Nurse** weekly drop in sessions. Appointments and referral system also in place see Mr Boerm/Mrs Goodman.
- **Student Adviser/Councillor** appointments available see Mrs Sibley/Mr Boerm/Mrs Goodman/HOY.

External Support

Additional outside support we can help you access:

CAMHS Child and Adolescent Mental

Health Service. Child and Adolescent Mental Health Services is the name for NHS-provided services in the United Kingdom for children, generally until school-leaving age, who are having difficulties with their emotional or behavioural well-being.

Children's Services provide support and social care services for children, young people and families. They have a very clear goal to protect children and young people from harm and improve the quality of care they receive.

The What Centre is a free counselling service for young people aged 13-25 years

Cruse. Cruse Bereavement Care is a national charity providing free advice, information and support to adults, young people and children who are struggling to cope with grief arising from bereavement, when or however the death occurred.

Young Carers. A young carer is someone under 18 who helps look after someone in their family, or a friend, who is ill, disabled or misuses drugs or alcohol. If this describes you – **Look out for posters around school.**

Invictus Trust
Crestwood School
Bromley Lane
Kingswinford
DY6 8QG