

## Mental Health and Well-being assets for pupils

<b><u>Asset</u></b>	<b><u>Contact Details</u></b>	<b><u>Available support</u></b>
Lancashire Mind	Lancashire Mind 80-82 Devonshire Road PR7 2DR  01257 231660	Well-being coaching (Natalie Mansfield)  Happier Lancashire Well being sessions
West Lancashire Bereavement support services	The Bereavement Counselling Services First Floor The Malthouse Business Centre 48 Southport Road ORMSKIRK L39 1QR  01695 570 729	Carefully selected, trained and supervised volunteers provide our confidential counselling services
Yewdale Counselling Service - Free counselling	300 Yewdale, Skelmersdale, Lancashire. WN8 6ES.  01695 559070	Free counselling with time and space to explore issues that are important in your life  Tues 12:00 - 21:00 Wed 09:30 - 17:00
The Samaritans of Southport and District	32 Union Street Southport Lancashire PR9 0QE  Tel: 116 123	Offering a safe place to talk at any time– about anything
NSPCC (& Childline)	Help for children and young people: 0800 1111	Support for children and young people experiencing abuse
Mindsmatter	01695 684177  (West Lancashire Number)	Offering Stress Control Classes, Telephone and on- line support, Therapy groups, Brief one-one sessions with a Qualified Clinician offering guided self-help, counselling or Cognitive Behavioral Therapy
Head of Year(s)	In school	Offering Pastoral support
CAMHS	Lancashire Care NHS Foundation Trust , Sceptre	CAMHS stands for Child and Adolescent Mental Health

	Point, Sceptre Way, Walton Summit, Preston, PR5 6AW  01772 695300	Services.  CAMHS are the NHS services that assesses and treat young people with emotional, behavioral or mental health difficulties.
Teachers	In school	Offering Pastoral support
Percussion Therapist (Peter Owen)	In school	Support for mental health
Places to go to calm down/relax (Seclusion)	In school	Offering well being support
Friends		
Other Staff	In school	Offering Pastoral support
Year 11's (senior students)– Well being champions (Joe Caygill)	In school	Offering well being support
Music department (Mrs. McMurray & Sarah)	In school	Offering Pastoral support
School Chaplain	In school	Offering Pastoral support
School Nurse	In school	Offering Health support
Mrs Harris (Special educational needs coordinator)	In school	Offering support for learning
Mrs Swan (pastoral manager)	In School	Offering pastoral support