

### Peer Support at St Richard's



- Anti-bullying Ambassadors
- Mental Health Ambassadors
- Student Listeners
- Prefects

There is always someone to talk to.

### St Richard's will not tolerate bullying of any kind.

If you experience or witness any bullying, please report this to any member of staff; do not delay! You can also seek support from an Anti-Bullying Ambassador.

Alternatively, you can email:



issuesbox@strichardscc.com



### Mental Health

See posters for Staff Mental Health First Aiders. There is information and activities outside Mrs Bligh's office. Talk to Emma Dann Pastoral Support Manager, your Form Tutor or our Mental Health Ambassadors.

### Pastoral Support



**Mrs Bligh** – Pastoral Lead  
**Emma Dann** – Pastoral Support Manager  
**Jo Doyle** – Lay Chaplain  
**Your Pastoral Leader**  
 Teacher Mentors:  
**Mr Padgham & Mrs Knight**

### School Counsellor



If you would like an appointment to see Helen, our School Counsellor, this can be arranged. Please speak to any member of staff that you feel comfortable speaking to or email Mrs Bligh.



Any support services can also be accessed by emailing [supportservices@strichardscc.com](mailto:supportservices@strichardscc.com)



**E-motion** is a free online counselling service that anyone aged 12 – 18 can access. Trained counsellors can help you deal with any negative thoughts or feelings. To use this service email: [hello@e-motion.org.uk](mailto:hello@e-motion.org.uk)

### School Nurse

If you are worried about a health issue, text 07507332473 for an appointment with the School Health Team.



Take control of your life online with the BBC Own It App to help you make better informed choices.

Under 13's need parental permission.



**Childine** are a service run by the NSPCC. You can talk to Childine about anything, no problem is too big or too small. If you do not want to call you can visit the website: [www.childline.org.uk](http://www.childline.org.uk)



**Frank** is an honest website with information about drugs and alcohol. You can call Frank on 0300 123 6600 for confidential advice. East Sussex also have a support service called Under 19s Substance Misuse Support.

**Fearless** is a service that allows you to pass on information about crime 100% anonymously. Do not hold onto information that may lead to someone being harmed. Report this online at: [www.fearless.org](http://www.fearless.org)

