

Peer Support at St Richard's

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



There is always someone to talk to.

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.



School Nurse

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



For advice on healthy, safe relationships please visit a drop in service facilitated by the NHS in Hastings or Eastbourne.



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



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@strichardsgcc.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




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

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



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.



Aged 14 – 25 

I-Rock Drop in service for young people in Sussex to support emotional wellbeing, resilience and more. Based in Hastings, Eastbourne and Newhaven



Youth Employability Service

A service for 15 – 18 year olds offering information and advice regarding education, employment or training. Can be contacted by emailing: yeseastsussex@themytrust.org



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

