



STUDENT SUPPORT @ CRESTWOOD COMMUNITY SCHOOL

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Talking about how you feel is very important. If some thing has gone well, you like to tell friends and family, however if you are not feeling good you could think that people are going to judge you. A lot of people don't like sharing the not so good things in their life, however 1 in 8 children aged 5-19 year feel they have problems with their mental health. 1 in 4 people experience mental health issues each year. You are not alone ! The best way to access support to help you is to talk. Talk to anyone, family, friends or teachers. We are here for you. If you would like to talk to a member of the pastoral team they are all available on a Thursday, for a face to face meeting, by appointment, or you can call them on the numbers below.

EXTERNAL SUPPORT

There are lots of agencies outside of school than can help, just click on the sections below to open a link in another window,



New Crisis hot-line - 03003031590



Get help and advice for children and young people for a wide range of issues.



Support for child abuse.



Call to talk about anything you need.



Supporting young people with their mental health.



An App to empower young people to build resilience



Free confidential advice and counselling



A confidential text messaging service



Support for young people who want to 'come out' .

FOCUS FOR THE WEEK - ITS GOOD TO TALK



Talking about your feelings can help you stay in good mental health and deal with times when you feel troubled. Talking about your feelings isn't a sign of weakness. It's part of taking charge of your well being and doing what you can to stay healthy. Its not always easy to describe how you're feeling. If you can't think of one word, use lots.

If you click on the link on the right it will take you to a website where it gives you ways to help you talk and how to get over barriers that you may have. There is also a lot of other information regarding help with anything from anxiety, self harm to fears and phobias.



PASTORAL SUPPORT

We have established phone lines for students who require emotional support. These will be staffed by our highly skilled pastoral team. They operate from 9am-2pm Monday to Friday

- Mrs Smith - 07385 252141 zena.smith@crestwood.hants.sch.uk
- Mrs Sharp - 07385252049 denise.sharp@crestwood.hants.sch.uk
- Mrs Dieng - 07385 252050 michaila.dieng@crestwood.hants.sch.uk
- Mrs Walters - 07388 376789 karla.walters@crestwood.hants.sch.uk
- Mrs Parnell - megan.parnell@crestwood.hants.sch.uk

If you would like a face to face meeting with one of the above members of staff or with Mrs Sandiford then please email tim.nash@crestwood.hants.sch.uk , who will book an appointment on Thursday for you .

NEW WEEKLY LINKS

Click on the titles below and it will take you to the web-page

- Every mind matters - self tool kit
- Anna Freud - Support for young people
- 10 minutes stretch yoga
- Crestwood Student Support News letter 3