

Meopham School **STUDENT WELLBEING**

Booklet





Reporting Concerns

You have three main ways to report concerns these are:

- Speak to a member of staff this could be your teacher, Head of Year, Pastoral Support Manager or a member of the safeguarding team.
- Contact the school before and after school via the safetext phone this is monitored by Mrs Jarvis until 4.30pm and the number is 07391377270.
- Contact the school via the online wellbeing form that you can access from the school website.
- Put a note in the worry box that is located outside of the safeguarding office.



Coloured Lanyards
GREEN = Member of the Safeguarding Team.
Black = Member of staff

MEOPHAM SCHOOL DSL TEAM

Any member of staff wearing a green lanyard has also completed DSL training

Name	Role
Miss O'Neill	Deputy DSL Year 7
Mrs Clements	(DSL) Designated Safeguarding Lead
Miss Jarvis	Senior Safeguarding Officer
Mrs Hartley	Deputy DSL Year 12 & 13
Miss Tiller	Deputy DSL Year 8
Mr Whittle	Deputy DSL Year 11
Ms Trueman	Deputy DSL SEND
Mr Goldsmith	Deputy DSL Year 9
Mr Payne	Deputy DSL Year 10

Other trained DSL Staff - Mr Roberts - Mr McQuillan - Mrs Romney - Miss Hodd - Mrs Davies-Lane - Mr Wood - Miss Pritchard - Mrs Hughes - Mrs Brown -

Meopham School SAFE TEXT PHONE

07391 377 270



If you need any support before or after school, ring or text the Safe Text Phone and Mrs Jarvis will reply

Worry Box

If you need support or want to raise a concern during the school day please use the Worry Box located outside of the Safeguarding Office





Preventative self-help support

Online Well-Being booklet -

https://issuu.com/healthguidepublishing/docs/shg_2022_sixth_form_digital

Calm Club: This is a safe place for vulnerable pupils at lunchtime. For students to attend.

Pastoral intervention - referral can be made via your Head of Year.

SEND Interventions - referral can be made via school SENCO.

STEM4: www.stem4.org.uk

This supports young people's mental health with info about anxiety, low mood, self-harm, eating problems and addiction, as well as resilience and wellbeing, and some great downloadable apps.

Calm App: the number one app for sleep and meditation. For those wanting to experience better sleep, less anxiety and lower stress: www.calm.com

MIND: a UK charity offering advice and support to empower those experiencing a mental health problem: www.mind.org.uk





Counselling

Children and Young People's Counselling Service: Pupils can access one to one counselling through the NHS. [Children and Young People's Counselling Service - Kent family](#)

School Counsellor -We have one counsellor that comes into school two days a week - Referral can be made vis Mrs Jarvis (Senior Safeguarding Officer)

Elliot Holmes Foundation - Funding and direct access to Mental Health Counselling for Young People in Gravesham. [Elliott Holmes Memorial Fund](#)

NHS
East Sussex
School Health Service





Online Counselling

You Are Not Alone (YANA) Project offers online wellbeing and emotional resilience workshops (tailored 1:1s, parent workshops) <https://www.imago.community/Children-and-Young-People/YANA>

Kooth is an online mental health service that is free for pupils to access. <https://kooth.com/>

Childline offer 1-1 counsellor support 1-2-1 counsellor chat | Childline

Big White Wall can also offer counselling for mental health and well-being support [Togetherall](#)

Young minds can also offer guidance and support [YoungMinds](#)





Coping with Emotions

Alumina: is online support for self –harm and students can get free advice and support. Staff can also refer a pupil to Alumina: [Self Harm UK](#)

Calm Harm: Supportive app for self - harm: [Calm Harm App](#)

Clear Fear: Anxiety support App [Clear Fear](#)

YoungMinds: support young people with their mental health / Parents helpline and webchat: [YoungMinds](#)

Shout: provides free 24/7 support for young people experiencing a mental health crisis: Text YM to 85258.

Childline: [free 1-2-1 counsellor chat](#) and email support service: 0800 11 11 (open 24/7)

NHS Urgent Mental Health Helpline: Offers support and advice from a mental health professional (online)
<https://www.nhs.uk/service-search/mental-health/find-an-urgent-mental-health-helpline>

Samaritans: is a listening service [Contact Us | Samaritans](#)





Alcohol/Drug Advice

FRANK: Information / support about drugs and alcohol signpost pupils to FRANK: www.talktofrank.com / 0300 123 6600 (24 hours a day 7 days a week).

Text a question to 82111 and FRANK will text you back. Email: frank@talktofrank.com

We are with you: Get free, confidential support with alcohol, drugs or mental health from one of our local services or online [We Are With You](#)

A solid blue square containing the text "we are withyou" in a lowercase, sans-serif font. "we are" is in a light blue color, and "withyou" is in white.



Attitudes to Eating

BEAT: Charity to support young people and their families with eating disorders - helplines, chat rooms and resources [Beat Eating Disorders](#)

NHS advice on how to seek medical help for anyone experiencing an eating disorder [Eating disorders - NHS](#)

Anorexia & Bulimia Care a uk charity supporting anyone affected by anorexia, bulimia, binge eating or eating distress [Talk ED \(Anorexia Bulimia Care\) | Organization Profile](#)

Kent AND Medway Eating Disorder Service: local support for those experiencing disordered eating:
<https://www.nhs.uk/services/service-directory/kent-and-medway-eating-disorder-service/N10875341>





Identity

NHS: objective mental health advice about raising self esteem:
[Raising low self-esteem - NHS](#)

Trans Unite: a comprehensive resource for people in the UK searching for support in the transgender community: [Trans Unite](#)

BeYou Project: The BeYou team are here to support you. We offer a safe, welcoming and inclusive space where LGBTQ+ young people can meet, socialise and find the support they need. [The BeYou Project](#)

BUILD CONFIDENCE WITH AJ APP (£2.49) uses meditation, guided relaxation and self care exercises to improve confidence and self esteem.

THINKUP APP (Free with In App Purchases) an app that provides daily affirmations to improve the way someone sees themselves.





Family Life

Foodbanks / food vouchers:

[Swale Foodbank - The Trussell Trust](#)

Support for Young Carers: <https://www.imago.community/>

REFUGE support for young people experiencing domestic violence: [Refuge](#)

NSPCC a UK charity protecting children from harm: [NSPCC](#)

CHILDLINE help and support on a wide range of issues. Calls to childline will not show up on a mobile phone bill (0800 1111):

[Childline](#)

Freedom Programme online and face to face programmes to support people at risk of domestic abuse: [The Freedom Programme](#)

NACOA supporting people who are affected by a parents' drinking or alcoholism: [Nacoa](#)

Centerpoint: support for anyone at risk of sofa surfing or homelessness: [Centerpoint](#)





Grief

Winston's wish: www.winstonswish.org.uk - A national bereavement support service, offering practical support and guidance for children, young people and families after the death of a parent or sibling. Free helpline: 08088 020 021.

Holding on Letting Go: [Holding on Letting Go](#) supporting bereaved children and their families in Kent.

CHUMS: Mental health and emotional wellbeing support for children, young people and their families **[CHUMS](#)**

Child Bereavement Uk offering a dedicated zone on how to talk to and help children who are grieving: [Supporting bereaved children and young people](#)

Grief Encounter free, professional and specialist bereavement support services for children and young people: [Grief Encounter](#)

Hope Again the youth website of Cruise Bereavement Support: [Hope Again](#)





KS5 Support

The Mix: <https://www.themix.org.uk/> Helps 16-25 year olds take on any challenges, including disability, leaving care, money and racism. Includes 1-2-1 chat online and a free helpline, apps, useful info, discussion board and 24/7 crisis support. Phone: 0808 808 4994.

Survivors of Bereavement by Suicide (SOBS): Support for over 18 who have lost someone to suicide. 0300 111 5065 / email.support@uksobs.org

WithYou: Offers drug and alcohol support: 01795 500881
[Support for Young People and Their Families in Kent | WithYou](#)

FRONT DOOR: Social Services

03000 41 61 61

<https://www.kent.gov.uk/social-care-and-health/care-and-support/how-to-get-adult-social-care-support>





Crime Prevention

Victim Support trained supporters providing help for anyone who has witnessed a crime or is a victim of crime: [Victim Support](#)

Coram Children's Legal Centre promotes and protects the rights of children in the UK. Can provide legal advice in some circumstances: [Coram Children's Legal Centre](#)

Law Stuff: free legal information for children and young people. Set up to ensure young people have access to find out about their legal rights: [Lawstuff](#)

CEOP Child Exploitation and Online Protection command. A website where people can report online abuse or targeting: [CEOP](#)

Karma Nirvana providing services support and guidance connected to honour based violence and forced marriage: [Karma Nirvana](#)



**Kent
Police**



Child on Child abuse

Child-on-child abuse can take place inside and outside school, and online.

We must challenge inappropriate behaviour, and should not dismiss things as 'banter' or 'part of growing up'!

If you see it report it!

Child-on-child abuse is most likely to include:

- Bullying - online, in person, prejudice-based or discriminatory;
- Abuse in intimate personal relationships;
- Physical abuse such as hitting, kicking, biting etc;
- Sexualised Behaviours such as sexual comments, online harrassment, stalking etc;
- Consensual and non-consensual sharing of nude / semi-nude images;
- Upskirting;
- Gang related violence or intimidation.