

Wellbeing Bulletin

SUMMER 2024

Being **kind** to each other and ourselves is important for our own mental health, and that of others. Being a victim of bullying or abuse increases the risk of mental health problems, substance abuse, lower academic grades and long-term self-esteem damage.

Being a bully or an abuser brings the risk of future academic, career and relationship problems, and numerous psychiatric concerns such as depression, panic or anxiety disorders as well as suicidal thinking.

There are over 5000 Google searches daily about bullying from adults and children. Hurt people, hurt people - so break the cycle, don't stay silent. Speak to a trusted friend, adult or family member, and remember; you are not on your own.

NSPCC Helpline

help@nspcc.org.uk
 0808 800 5000
 Complete online report form

In-school support:

School Counsellor: Friday

School Chaplaincy service: Thursday

Devon Child and Family Services: Tuesday, plus arranged 1:1 session online

Drop-in sessions with Mental Health Lead: Break 1 every day, plus booked 1:1 lunchtime session

Young Carers drop in: Monday lunchtime

Drawing and Talking - support sessions with Mental Health Lead: Timetabled

Students can self-refer to any of the above through Self-Referral Forms obtained from Tutors or Heads of Year

NATIONAL BULLYING HELPLINE

0300 323 0169 / 0845 225 5787



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FREE ONLINE SUPPORT FOR YOUNG PEOPLE