# Meet the team



#### Lauren Lucas

SLT Mental Health Lead

# Judy Quaife

Mental Health Governor

# Claire Spain

SLT Safeguarding Lead

## Jess Lobb

Mental Health First Aider

### Claire Haine

Wave Support Worker

# Andrea Thompson

Wave Support Worker

# Phoebe Walker Gubbins

Lead Student Mental Health Ambassador



# **Opening Hours:**

8.30 am — 4pm

Monday to Friday

# Useful links to more support:

# www.moodjuice.scot.nhs.uk

Mood juice is a site designed to offer information, advice to those experiencing troublesome thoughts, feelings and actions.

## ChildLine

0800 1111 Childline.org.uk Help, support and advice on the phone or via the internet

#### Kooth.com

Online counselling service. Kooth.com. Any child can log on and speak to a trained counsellor until 10pm at night.

# www.stem4.org.uk/calmharm

stem4 is a teenage mental health charity aimed at improving teenage mental health by stemming commonly occurring mental health issues at an early stage.

We have lots more information and advice in the Wave. Just pop in to see us.



# Student Mental Health Menu









Ruxley Lane

West Ewell

KT19 9JW



# A wave of support, for you, whenever you need it...

# **Starter Support**

To support you before a crisis

### Consultation in the Wave

Two Leaning Mentors available all day everyday for bespoke 1:1 support.

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Online counselling service. Kooth.com. Any child can log on and speak to a trained counsellor until 10pm at night

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Help, support and advice on the phone or via the internet.

### **Food Bank**

Vouchers are available in The Wave for those emergency times of need.

#### Catch22

Drug and alcohol misuse service for young people. See the Wave for more details.

#### Mindfulness Club

This club is led by some members of the sixth form every Tuesday lunchtime and has lots of fun activities all based around improving your mind.



# Main Support

Support when you need it

# **Youth & Community Police Officer**

Available for all manner of advice, chats, and guidance.

## School Nurse / CAMHS Community Nurse

Weekly drop in sessions in The Wave. Appointments available for both services.

#### RFI ATF school counsellor

Appointments available to see the Counsellor bookable through the Wave.



# 1:1 Learning Mentor Sessions

Bespoke service tailored to each individual

# **Targeted Group Work**

Bespoke schemes of work for each group e.g. Self-esteem, behaviour for learning, low mood, dealing with stress.

#### 6th Form Mental Health Ambassador

Peer led 1:1 sessions for our lower school students.

#### **Primary Transition**

4 weeks of intensive transition support for the more nervous/ vulnerable year 6 pupils.

# **External Support**

Additional outside support we can help you access

#### **CAMHS Child and Adolecent Mental Health Service**

Child and Adolescent Mental Health Services is the name for NHSprovided services in the United Kingdom for children, generally until school-leaving age, who are having difficulties with their emotional or behavioural well-being.

## **North Surrey Domestic Abuse Service**

Either on the telephone, by email or face to face at a safe location, they provide practical advice and emotional support which includes

#### Children's Services

Provide support and social care services for children, young people and families. They have a very clear goal to protect children and young people from harm and improve the quality of care they receive.

#### Cruse

Cruse Bereavement Care is a national charity providing free advice, information and support to adults, young people and children who are struggling to cope with grief arising from bereavement, when or however the death occurred.

# **Young Carers**

A young carer is someone under 18 who helps look after someone in their family, or a friend, who is ill, disabled or misuses drugs or alcohol. If this describes you then the young carers organisation can support you.















You can't Stop the Waves but you can learn to SUT Ion Kabat Zinn

