

# Meet the team



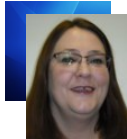
Lauren Lucas  
SLT Mental Health Lead



Judy Quaife  
Mental Health Governor



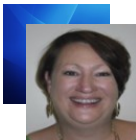
Claire Spain  
SLT Safeguarding Lead



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](http://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](http://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](http://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

Carnegie Centre of  
Excellence for  
Mental Health  
in Schools



Minds  
Ahead



Epsom & Ewell High School

Ruxley Lane

West Ewell

KT19 9JW



