

# Support and advice is always available in school

- Please speak to a member of staff if you need help -

Alternatively check out some of these apps and websites...

**Pastoral Guidance Worker** - Based in NEWID and the Sixth Form Block, PGWs are available to offer support and guidance whenever you need it.

**NEWID**  
changes : chances

**Exchange Counselling** - Available for all students at Olchfa. 1-1, face to face sessions. Call 03302 02 0283 or ask your PGW to refer you.



**Platform** - Mental health and well-being support. Sign up for 1-1 sessions or join an online group for peer support. Speak to your PGW to refer you or visit the website.

**PLATF** **FORM**

**Kooth** (website) - Online counselling service that uses CBT techniques to support young people experiencing any problem. Users can chat anonymously to counsellors during "online sessions".

**kooth**

**Barod** (drop-in & 1-1 sessions) - Support around all aspects of substance use. Speak to your PGW to refer you or call 01792 472002.

**barod**

**MIND** (website & helpline) - Advice and support to empower anyone experiencing issues related to mental health. Call 01792 642999



**Beat** (website, online chat & helpline) - Help and advice if you are struggling with an eating disorder, or know someone who is. Call 0808 801 0433



**Hope Again** (website & helpline) - Youth website of Cruse Bereavement Service - a safe place where you can learn how to cope with grief and feel less alone. Call 0808 808 1677

**hopeagain**  
young people  
living after loss

**Headspace** (app) - Popular wellbeing app that uses meditation and mindfulness techniques to help with stress, anxiety and depression.



**Calm Harm** (app) - Support for those who are thinking about or who are currently self harming by equipping them with helpful tools and strategies to use instead.



**Childline** (website & helpline) - Online access to a counsellor to talk about anything that may be worrying you. Call 0800 1111



**Samaritans** (website & helpline) - Phoneline and email service supporting those who are struggling with mental health. Call 116 123



**Hafal** - Charity supporting people with mental health problems and their carers and families - with a special emphasis on those with a serious mental illness. Call 01792 816600

**hafal**

**Shout** (website) - Free 24/7 text service for anyone in a crisis, anytime, anywhere. Text 85258



**Stay Alive** (app) - For anyone who is struggling with suicidal thoughts or for those supporting someone who is.

