



Reaching Out

Most of us are fine most of the time. Everyone occasionally encounters problems and situations they feel unable to tackle alone. It's important to know who to reach out to and how. If you've talked to the people you naturally reach out to (friends, family, favourite neighbour ...) and things still aren't right, there are a number of different things you can do, depending on the situation.

Subject-related

The best place to start with subject problems is your own subject teachers. If, for any reason, you feel you cannot approach a particular teacher, you can talk to the Head of Department or your tutor.

Just about everything else

Your first point of contact for almost anything that you might need help with is your tutor. They might help you directly, support you in accessing help or reach out to others on your behalf. Sometimes, there will be an issue you don't want to discuss with your tutor in which case you can arrange to speak to someone in the Sixth Form team.

Help available from the Sixth Form Team

Most of this help is available by appointment, so come down to the office with your timetable, or send an email to Mrs Lake, to work out when you can meet someone.

- **Organisational Support.** Regular one to one sessions to help you manage your workload. This is normally the key step for anyone who feels overwhelmed by work.
- **Quiet Space.** Some people just need to be out of the bustle to let their heads clear. We will normally have a quiet room available, feel free to use it at any time of the day – you don't need to pre-book.
- **Exam Stress.** Group sessions in the run-up to key exams. If you know you struggle to keep a lid on the inevitable tension that comes with exams, come down to the Sixth Form office to sign up.
- We might also invite you to come to a set of **Intervention Meetings** if we can see you're struggling in several subjects.
- **Mentoring.** You might need to talk through current issues or problems with low mood. You can book a mentoring meeting with one of the Sixth Form team; these meetings are not available on a Drop-In basis.

Keeping you safe

In everything we do, we will follow the school's Safeguarding protocols.

Your parents retain Parental Responsibility until you leave school, even if you are eighteen years old. We will keep your parents updated when appropriate (unless there are very special circumstances).

Keeping you going

Everyone needs to go to all their contact periods; any appointments you book need to be in non-contact time. If things are difficult, it's very important to keep busy, going to lessons will help, so we will normally encourage you to stick to your timetable.

If you need more help

It is important to get the right sort of help, sometimes this will mean reaching out to a qualified professional. You can often make your own referral, sometimes the Sixth Form team will help you to make a referral.

Up for the Challenge



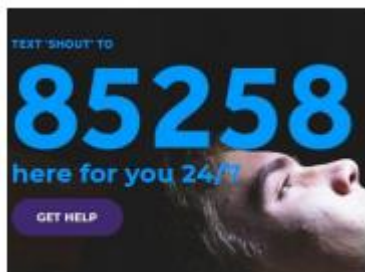
Engage

Respect

Achieve



You can contact your own GP directly. Organisations that will allow you to self-refer include:



[Click here](#)



NHS Talking Therapies Berkshire is a friendly service for people aged 17 and over with common **mental health problems such as low mood, anxiety and stress.**

Three ways to refer yourself:

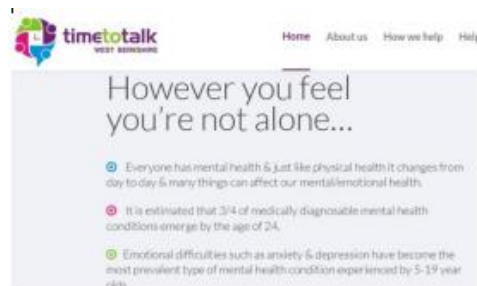
1. Call **0300 365 2000** weekdays 8am – 8pm (until 5pm on Fridays)
2. Sign up [online](#)

Ask your GP or health professional to refer you

SAMARITANS



[Click here](#)



Leaflets for these, and other organisations, are available from the Sixth Form office. If you need a private space in school to make a referral, you can book a room with us

Up for the Challenge



Engage

Respect

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