



Reaching Out

Everyone faces challenges from time to time. It's important to know where to go for support when you need it. If you've talked to the people, you naturally reach out to (friends, family or a trusted adult) and things still aren't right, there are several different ways you can get support, 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 that case, you can arrange to speak to someone in the Sixth Form team.

Help available from the Sixth Form Team

Most of this support is available by appointment. Come to the Sixth Form office with your timetable, or email Mrs Clark, so that we can arrange a suitable time to meet.

- **Organisational Support.** Regular one to one sessions to help you manage your workload. This is often the first step for anyone who feels overwhelmed by their workload
- **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 during the school day; you don't need to book in advance.
- **Exam Stress.** Group sessions in the run-up to key exams. If you know you struggle to cope with the pressure of 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

We will treat what you tell us sensitively and respectfully. However, if we are concerned that you or someone else may be at risk of harm, we may need to share information in line with the school's safeguarding procedures.

Where appropriate, we may also involve your parents or carers in supporting you. Wherever possible, we will explain this to you first and act in line with the school's safeguarding procedures.

Staying on track

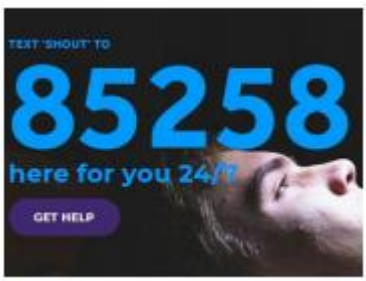
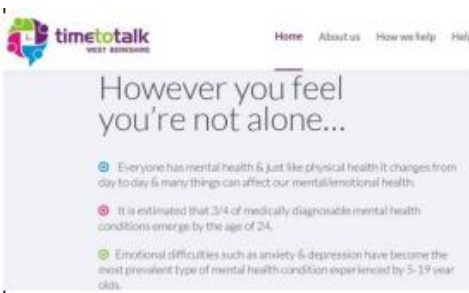
Everyone needs to go to all their contact periods; any appointments you book need to be in non-contact time. If things are difficult, it's very important to keep busy, going to lessons will help, so we will normally encourage you to stick to your timetable.

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.



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

	The Five Ways to Wellbeing, are a set of evidence-based actions which promote people's wellbeing. They are: Connect, Be Active, Take Notice, Keep Learning and Give. These activities are simple things individuals can do in their everyday lives. This approach is something we encourage all our young people to adopt as an everyday action.
  Click here	 
  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
 	<i>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.</i>