



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 that 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 Clark, 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.



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

<p>FIVE WAYS TO WELLBEING INTRODUCE THESE FIVE SIMPLE STRATEGIES INTO YOUR LIFE & YOU WILL FEEL THE BENEFITS</p> <p>CONNECT TALK & LISTEN. BE THERE. FEEL CONNECTED</p> <p>BE ACTIVE DO WHAT YOU CAN. ENJOY WHAT YOU DO. MOVE YOUR HOOD</p> <p>TAKE NOTICE REMEMBER THE SIMPLE THINGS THAT GIVE YOU JOY</p> <p>GIVE YOUR TIME, YOUR WORDS, YOUR PRESENCE</p> <p>KEEP LEARNING EMBRACE NEW EXPERIENCES. SEE OPPORTUNITIES. SURPRISE YOURSELF</p> <p>Mental Health Foundation Mental Health Foundation is a registered charity</p>	<p>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.</p>		
<p>TEXT 'SHOUT' TO 85258 here for you 24/7 GET HELP</p>	<p>Click here</p>	<p>About No5 Young People</p> <p>Since 1971, No5 has been offering free, confidential counselling and mental health support for young people aged 11-25 who live, work or study in the RG postcode area.</p> <p>Our vision is for a world that does not stigmatise children and young people's mental health and accepts it as a normal part of human development.</p>	
<p>SAMARITANS</p> <p>Donate now</p> <p>We're waiting for your call</p> <p>Whatever you're going through, a Samaritan will face it with you. We're here 24 hours a day, 365 days a year.</p>	<p>Click here</p>	<p>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.</p> <p>Three ways to refer yourself:</p> <ol style="list-style-type: none"> 1. Call 0300 365 2000 weekdays 8am – 8pm (until 5pm on Fridays) 2. Sign up online <p>Ask your GP or health professional to refer you.</p>	
<p>time to talk WEST BERKSHIRE</p> <p>Home About us How we help Help</p> <p>However you feel you're not alone...</p> <ul style="list-style-type: none"> Everyone has mental health & just like physical health it changes from day to day & many things can affect our mental/emotional health. It is estimated that 3/4 of medically diagnosable mental health conditions emerge by the age of 24. Emotional difficulties such as anxiety & depression have become the most prevalent type of mental health condition experienced by 5-19 year olds. 		<p>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.</p>	