

UHS Pastoral support for students during school closure



We are still here for you!

If you are concerned about your wellbeing then please remember to reach out and let someone know. We are here to support you.

Your concern maybe around low mood, anxiety levels, eating habits, sleeping habits or another matter.



If you are finding things hard:

- Talk to a **trusted family member** or other trusted adult
- Tell a **trusted adult from school**; Form Tutor, Head of Year, Pastoral Support Assistant (Mrs McCourt, Mrs Andrews, Mrs Brown), Safeguarding Team (Mrs Alexander, Mrs Gilmore, Mrs Donaldson, Mrs McCourt), Chaplin (Ms Murphy). **Send an email and we can arrange the most appropriate support for you.**



Through school we can offer you support via the services below. You just need to **send an email your Form Tutor/Head of Year/ Mrs Alexander/Mrs Gilmore/Mrs Donaldson/Mrs McCourt and they will help set this up for you.**

- **The School Councillor** can offer one-to-one sessions via Microsoft Teams
- **Wellbeing Coordinator**, (Mrs Donaldson), can offer one-to-one telephone sessions
- **School Nursing service** can offer advice and refer onto other services
- **Education Wellbeing Practitioners** can offer video or phone sessions for low mood/anxiety/stress

Support out of school includes:

-  Kooth online - www.kooth.com offers free online counselling and support for 11-25 year olds from 12pm to 10pm Monday to Friday from 6pm to 10pm Saturday and Sunday
- Off the Record - www.talkofftherecord.org/merton/ offers online counselling support to any student at a Merton school

- Spectra LGBTQ+ Youth Group and Counselling Service - www.spectra-london.org.uk/spectra-in-merton offers online and telephone counselling to 13-18 year old members of the LGBTQ+ youth community



Bullying or abuse online

If you are worried or affected by abuse online or bullying you must tell someone. If you cannot tell a trusted adult at home or through school then the following organisations can support:

- www.ceop.police.uk/safety-centre/ - Child Exploitation and Online Protection Command offers advice if you are worried about online abuse or the way someone is communicating with you online.
- www.anti-bullyingalliance.org.uk/tools-information - offers advice and support for young people who are being bullied

Please do contact Mrs Gilmore (rachael.gilmore@ursulinehigh.merton.sch.uk) or your Head of Year if you need any support or further details about services you can access.