

ChildLine



If you are worried

about anything, it could be something big or something small - don't bottle it up. It can really help if you talk to someone. If there is something on your mind, ChildLine is there for you.

ChildLine is a service which is provided by the NSPCC. ChildLine are available to talk anytime.

There are a number of ways to speak to ChildLine.

They can be contacted via:

- ◆ Telephone: 0800 1111
- ◆ Live chat
- ◆ Message boards
- ◆ Speak to Sam (this is ChildLine's problem page where you can read letters from other young people).

All of the above services and information about ChildLine is available on their website:

www.childline.org.uk

Acknowledgements: To ensure accuracy of content in producing this document, the written information has been taken directly from :

-ChildLine-

www.childline.org.uk

-Samaritans-

www.samaritans.org

-Action for children-

www.actionforchildren.org.uk

For any enquires please visit the above websites.

For more information please contact:

Llantwit Major School
Ham Lane East
Llantwit Major
Vale of Glamorgan
CF61 1TQ

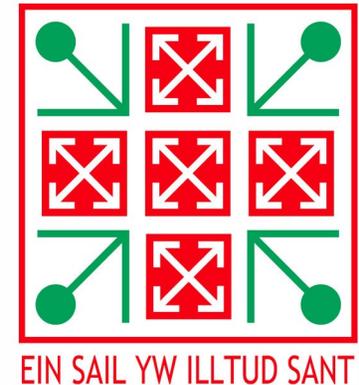
Tel: +44 (0) 1446 793301

Fax: +44 (0) 1446 793760

E-Mail: llantwitmajorhs@valeofglamorgan.gov.uk

In need of help?

Everything you need to know about getting the help you need.



Llantwit Major Comprehensive school has many support services in place to ensure the health and emotional wellbeing of all pupils.



The Wellbeing Desk

The Wellbeing Desk is a service available to all students who have an issue that they wish to

discuss. Staff at the Wellbeing Desk are available to students during break times and lunch times. No matter how big or small the issue, they are there to help! The Wellbeing Desk is situated in the Wellbeing Office next to the LRC.

Restorative Practice

As a school we are following Restorative Practices as a way of resolving issues which may occur within school. This involves a supervised session run by a qualified facilitator (a member of school staff) in which each person involved has the opportunity to speak and listen to others. Staff at the Wellbeing Desk are able to provide more information about this practice.

ELSA

ELSA programmes are run by staff within the Wellbeing Department and focus on:

- ◆ Anxiety
- ◆ Self-esteem
- ◆ Anger management
- ◆ Social skills
- ◆ Friendship groups

Counselling Service

Action for Children is a childcare charity providing school based counselling. The counselling service is available in order to support the health and emotional wellbeing of children. In order to see a counsellor, a referral card will need to be completed. These cards are available at the Wellbeing Desk. Once the referral card is complete, it will need to be put in the post-box which is situated upstairs in M block at the end of the corridor outside the counsellor's room. It can also be given to the Wellbeing Desk. www.actionforchildren.org.uk



Samaritans

SAMARITANS

If something is troubling you the Samaritans are available 24 hours a day, 365 days a year. There are many ways you can speak to a member of the Samaritans. They can be contacted by:

- ◆ Telephone: 08457 90 90 90
- ◆ Email - jo@samaritans.org
- ◆ Writing to them:
Freepost RSRB-KKBY-CYJK,
Chris, PO Box 90 90,
Stirling,
FK8 2SA
- ◆ Visiting many of their branches situated all over the UK. In many of the branches you can speak to a volunteer face to face. The nearest branch is:
2 Green Street
Bridgend
CF31 1HF

Visit their website: www.samaritans.org

Peer Mentors

The school has peer mentors who are carefully selected from the sixth form and are trained to listen to and deal with pupil concerns.

The peer mentors dedicate their time every day to helping students in need. This is a key support system, especially for the younger students, as they may prefer to discuss concerns with someone closer to their own age. The peer mentors are available to talk about any issues that a pupil may have including general worries, friendship groups, bullying and any other issues.

Educational Psychologist

If parents/carers have ongoing concerns about learning, social skills, child development or behaviour call

Beth Evans on 01446 709758

They can book a 'drop in' session with an educational psychologist by contacting the Vale of Glamorgan Pupil Support Services.