



**The Castle School**  
ACHIEVE | BELONG | PARTICIPATE



# Accessing help and support at The Castle School

ACHIEVE

BELONG

PARTICIPATE

# If you ever need help or support, there are plenty of people you can talk to:

-  Any member of staff is happy to listen
-  You could email [wellbeingsupport@castle.somerset.sch.uk](mailto:wellbeingsupport@castle.somerset.sch.uk)
-  Go to Reception and ask to speak to someone
-  Write down your concerns in a statement or letter



**Speak to a member of the safeguarding team if you are worried about your own or someone else's safety**



**Mr Wordsworth**

Deputy Headteacher and Designated  
Safeguarding Lead



**Mrs Sherring**

Assistant Headteacher & SEMHCo



**Mr Thomson**

Assistant Headteacher and Deputy  
Designated Safeguarding Lead



**Mrs Horsley**

Welfare Officer and Deputy Designated  
Safeguarding Lead

# Safeguarding team

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School  
Nurse



Emotional Health  
Relationships  
Sexual Health  
Drugs  
Smoking  
Alcohol

**Got a concern?**

**If you're 11-19**

**it only takes one text to  
start making a difference**

**You'll get confidential advice from your  
School Nursing Team and you don't have  
to give your name if you don't want to.**

**Just send a text or scan me**

**07480 635 516**

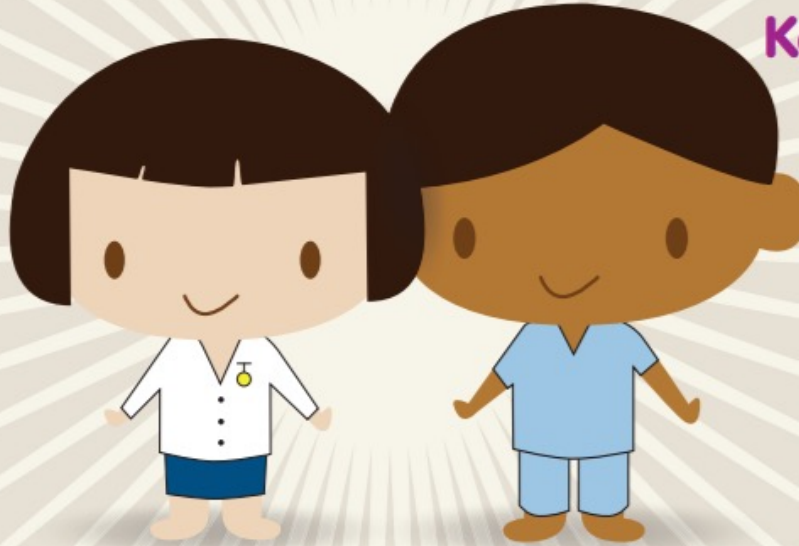


**Improving  
LIVES**

Disclaimer: This is not an emergency service; it operates Monday to Friday between 9am and 5pm and is only available by using a UK mobile number. Your messages are stored on our secure system and can be seen by the School Nursing Team who run our ChatHealth Service. Although this is a confidential service, in the event of an safeguarding issue the School Nurse has a duty of care to act on this and may escalate the concern.

Someone you know and can trust...

You  
could  
speak  
to our  
school  
nurse



Your School Nursing Service can work both in and out of School to help provide or find you support about:

**Keeping Healthy**

**Immunisations**

**Emotional Health**

**Weight Management**

**Sexual Health**

**Drugs and Alcohol**

**Smoking**

We can also help make sure that young people with disabilities, long term illness, or other needs can receive extra support when they need it. If we can't provide the help ourselves, we will connect you with someone who can.



**The Report Abuse in Education** helpline can be reached on:

**0800 136 663**

Monday to Friday 8am - 10pm, or 9am - 6pm at weekends. Or by email at:

**[help@nspcc.org.uk](mailto:help@nspcc.org.uk)**

You could contact a different organisation for help



[www.childline.org.uk](http://www.childline.org.uk)

**You could contact a different  
organisation for help**

**YOUNG MINDS**

**fighting for young people's mental health**

**[www.youngminds.org.uk](http://www.youngminds.org.uk)**



**You could contact a different  
organisation for help**



**YOUTH  
ACCESS**

**Championing advice and counselling**

**[www.youthaccess.org.uk](http://www.youthaccess.org.uk)**



**020 8772 9900**

**You could contact a different  
organisation for help**

**DRUGS ARE  
ILLEGAL.  
TALKING  
ABOUT THEM  
ISN'T. SO TALK  
TO FRANK.**

**FRANK**

**0800 77 66 00 [talktofrank.com](http://talktofrank.com)**

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FREE CONFIDENTIAL DRUGS INFORMATION  
AND ADVICE, 24HRS A DAY

**Free, safe  
and anonymous  
online counselling  
and support**

**"I don't think I could've spoken  
to someone face-to-face."**



**Chat to our  
friendly counsellors**



**Read articles written  
by young people**



**Join live  
moderated forums**

**kooth**  
**kooth.com**

**kooth**  
**www.kooth.com**



**Mind's Infoline.** For mental health information, Mind's Infoline is open from 9am–6pm weekdays. You can contact our Infoline on 0300 123 3393, text 86463 or email [info@mind.org.uk](mailto:info@mind.org.uk).