



ST MARY'S CALNE

NEED SOME SUPPORT?

We all need help throughout our lives as we face difficult challenges.
Here are some places you, or someone you are worried about, can go to for help and advice

You can seek an appointment to see Josie Ballenden, **School Counsellor**, by using the online referral form in the Wellbeing area in the St Mary's Team, or you can ask your House staff or Tutor to complete this on your behalf.

This is confidential, unless we are concerned about a pupil's welfare.

Check out the resources on the St Mary's Team, Wellbeing area, for further support

- **House Staff, Tutor, Teacher**
- **Chaplain:** jbeach@stmaryscalne.org
- **Health Centre:** 01249 857230
- **Mrs Toland:** stoland@stmaryscalne.org
- **Independent Person:** Ms Sonal Khimji: 07866 685470
- **Wellbeing Practitioners:** Faith and Chris
wellbeing@stmaryscalne.org
- **Peer Support:** Check house noticeboard for details

MENTAL HEALTH

The Mix 0800 808 4994
www.themix.org.uk/get-support



Young Minds
Text: 85258
www.youngminds.org.uk



Kooth
www.kooth.com



Papyrus
www.papyrus-uk.org



BEREAVEMENT

Cruse Bereavement Care
0808 808 1677
www.cruse.org.uk/bereavement-services/get-help



Winston's Wish
08088 020 021
Ask@winstonswish.org



DRUGS AND ALCOHOL

The Mix
0808 808 4994
www.themix.org.uk/drink-and-drugs



Talk to Frank
0300 123 6600



SEXUAL VIOLENCE AND ABUSE

0121 643 0301
hello@gina.uk.com
www.gina.uk.com



LGBTQ+

Stonewall
08000 50 20 20
www.youngstonewall.org.uk



TO TALK ABOUT ANY ISSUES



Samaritans
116 123
www.samaritan.org.uk



01225 667328
<https://teentalk.org.uk/>

The Children's Commissioner, Dame Rachel de Souza:

020 7783 8330 <https://www.childrenscommissioner.gov.uk/about-us/contact/>

