

I just need someone to talk to

It's hard to explain...

I don't know where to start...

It's overwhelming...

I've never told anyone...

I don't know why...

I'm struggling with...

I feel a bit lost...

I'm not sure what to do...

I need some help with...

You're not alone
we can help

Pathways to wellbeing Support

A guide to wellbeing support at
Gordano School



School life can feel overwhelming – exam pressures and friendship issues are just a few of the struggles that you may face whilst being in school.

Pressures can build, leading to feelings of isolation, even within the bustle of school life. School is well placed to help you build a sense of belonging and support as you become a young adult.

This leaflet highlights pathways of support to ensure your wellbeing is central to your academic journey through Gordano School.

How can you support your own self care?

Self care can greatly improve your own mental wellbeing; doing more of the activities you love – exercise, listening to music, walking your dog or reading – can provide opportunities to spend time away from your phone or computer. We can also offer various programmes to help you support your own self-care.

- Our pastoral and visiting speaker programme encourages supported self-care so that you can build strategies to manage your own wellbeing.
- Visiting speakers, themed assemblies and tie-ins with national initiatives like World Mental Health Week and the Care & Kindness programme run across the House System.
- Feel Good Gordano. This can help you work with peers to build strategies to manage your workload, the school environment and your personal health.



Still concerned about your wellbeing and feel like you need more support?

In addition to your daily tutor sessions, you can self-refer for a Wellbeing Chat with your Assistant Head of House or a member of the Safeguarding Team.
<https://gordano.fireflycloud.net/student-concern-and-well-being>

We also have a team of staff who can provide support:

- Assistant Heads of House
- Heads of House/ Sixth Form Team
- School Chaplain
- The Designated Safeguarding Team
- Natalie
- Mandi
- Ms Moss

Student services

Our Safeguarding Team can also signpost you to any external support groups and help lines.

QR FOR CONTACT FORMS



Specialist Services

In school time, we have a team of staff and resources to help. Our pastoral team also works closely with external providers such as Wellspring and Off The Record, and can provide you with referrals for other services, such as CAMHS, Social Services and Family Support.

Who to talk to:

- **Our school counsellors.** You can self-refer to have an appointment with one of our three school counsellors. (There may be a waiting list and students under the care of CAMHS are not offered an appointment.) Speak to your AHOH.
 - **School chaplain** – Our chaplain cares for all faiths – and none – and can act as a mentor and listening ear. Speak to AHOH to book an appointment.
- **School nurse.** We have a school nurse on site once a week and you can book an appointment via your Heads of House or Natalie Tester.
- **Heads of House** can refer you for a supported programme, meaning that the appropriate school staff will work with you, including SEND and mental health support if necessary.
- **Youth Hub.** You can drop into lunchtime Youth Hub sessions at school or be referred.
- **Off the Record.** We work closely with OTR and you can join their online workshops or refer for a 1:1 session.