



Universal support *(available to everyone all of the time)*

ARE YOU PROMOTING YOUR OWN WELLBEING? (see tips for wellbeing)

Anti-bullying ambassadors
 Anti-bullying blog
 Circle time
 Connexions advisor
 Extra-curricular clubs/exercise
 Form tutors and teachers
 Leaflets and information
 'Looking after myself' page in school diary (p. 289 & 290)
 Wellbeing page on school website
 School nurse
 Sharp system on school website
 Wellbeing ambassadors
 Wellbeing page on school website
 Wellbeing space and wellbeing club



Targeted support *(when you need a bit of help)*

ARE YOU PROMOTING YOUR OWN WELLBEING? (see tips for wellbeing)

Consultation with form tutor
 Consultation with senior tutor
 Pastoral mentoring
 School nurse
 Mental Health first aider



Intensive support *(when it's really important that you talk to someone)*

ARE YOU PROMOTING YOUR OWN WELLBEING? (see tips for wellbeing)

42nd Street counsellor ²
 Child and adolescent mental health services (CAMHS)³
 Educational psychologist¹
 Relate counsellor ²
 School nurse ¹

(¹Referral via senior tutors; ²Referral via senior tutors or self-referral; ³Referral via school nurse)

Wellbeing support available in Altrincham Girls Grammar School