

Who Might be able to help?

In school

Your Form Tutor

Your Deputy Head of Year

Your Head of Year

Student Wellbeing

Committed to safeguarding and promoting the welfare of all of our pupils

Student Wellbeing Contacts
The Norwood School is committed to safeguarding and promoting the welfare of all of our pupils.

So what should you do as a student, if you are worried about someone or something?

- Who do you go to?
- Where would you find them?
- If you are a parent who should you contact?

Who else can help?
Don't forget form tutors, heads of year or one of our behaviour support members (Mr Lennie Yr 8, Mr Morgan Yr 9 or Mr King Yr 7 from The Greenhouse) are also here to help.

We can help signpost students to other professionals who can help; for example the Brook Advice Centre, our school nurse, The Well Centre, The Croydon Drop in Talk Bus or our safer school liaison officer (PC Randall).



Miss Corcoran
Designated Safeguarding Lead 519



Mr Cole
Deputy Designated Safeguarding Lead 618



Mrs Rose
Child Protection Officer 519



Mr Morgan
Child Protection Officer - Greenhouse



Miss Imafidon
Child Protection Officer - Greenhouse



Ms Cunningham
Safeguarding Administrator



Evelina London **NHS**

If you are 11- 19 years old

You can text your school nurse for confidential health advice and support

The number to text is:

07507 332150



If something's not right...

If you need to talk...

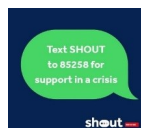
... or just need some information

THE NORWOOD SCHOOL

The Norwood School,
Crown Dale,
London,
SE19 3NY
Head teacher: Denise Webster-NFGH

Other Useful Places to get support

In a crisis



Shout

Free 24/7 text service for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help. Shout is powered by a team of volunteers, who are at the heart of the service. We take people from crisis to calm every single day.

Text Shout to 85258

<https://www.giveusashout.org/>



Samaritans

Listen in Confidence, without judging or telling people what to do.

Tel: 116 123 (24 hr/day, 7 days a week)

www.samaritans.org



ChildLine

Free helpline for children and young people. It provides confidential telephone counselling service for and child with a problem.

Freephone: 0800 1111 (24 hours)

www.childline.org.uk

Local to you



Well Centre

For young people aged 13-20. A youth health centre where you can see a youth worker, counsellor or doctor to discuss any health concerns or worries in a safe and confidential space. We recommend calling to book as we only have a limited number of spaces for people dropping-in during our opening hours.

<https://www.thewellcentre.org/>

Opening Times: Monday, Wednesday and Thursday, 3.30pm to 6.30pm.

The Well Centre
16 Wellfield Road
Streatham
SW16 2B

Tel: 020 8473 1581

SMS: 07797 805819

Email: info@thewellcentre.org

You will find the entrance to the Well Centre down an alley just to the left of the Streatham Youth & Community Trust building on Wellfield Road.

TALK TO US



Croydon Drop-in/ Off the Record

Free and confidential counselling (in person or online) to young people aged 14-25 who live, work or study in Croydon.

72 Queens Road,
Croydon,
Surrey,
CR0 2PR

Tel: 020 8251 0251

Email: info@talkofftherecord.org

Twitter: @talkOTR

Facebook: talkOTR

Apps and Websites



Free, safe and anonymous online support for young people.

Monday – Friday 12pm – 10pm

Saturday – Sunday 6pm – 10pm



HEADSPACE

Headspace teaches mindfulness for everyday life. Strategies to deal with stress and sleep more soundly.



For sleep, meditation and relaxation with calming music, nature sounds and guided relaxation. Take a deep breath.



Sanvello offers clinically validated techniques and support to help you relieve symptoms.



CALM HARM

Calm Harm is an award-winning app developed for teenage mental health charity stem4 by Dr Nihara

Krause, Consultant Clinical Psychologist, using the basic principles of an evidence-based therapy called Dialectical Behavioural Therapy (DBT).

Calm Harm provides tasks to help you resist or manage the urge to self-harm. You can make it private by setting a password, and personalise the app if you so wish. You will be able to track your progress and notice change.