

Support Links

If students are in need of support they can discuss their issues with Mr Cort, Ms Freshwater, Ms Gibbs, the School Nurse, Tutors or Subject Teachers.

The following links may be of use if students are in need of support.

NHS Choices Moodzone - advice on coping with stress, anxiety or depression, or just the normal emotional ups and downs of life - <https://www.nhs.uk/conditions/stress-anxiety-depression>

SANE Advice on mental health issues, including self-harm. Phone: 0845 767 8000

BucksMind - Quality one-to-one counselling to young people with a variety of mental health needs. BucksMind work with young people who are experiencing anxieties, depression, loss, difficulties with anger, recovery from traumatic events or other difficulties. -

<https://www.bucksmind.org.uk/services/counselling-for-young-people/>

Brookside – Aylesbury - A young person's drop-in clinic which offers a range of services regarding sexual health www.sexualhealthbucks.nhs.uk/service-centre/brookside/

Sexwise - Sexuality and sexual health problems Phone: 0800 28 29 30

FRANK Drugs helpline 24/7 Phone: 0800 77 66 00 - <http://www.talktofrank.com/>

NHS 111 - Free NHS helpline service for urgent medical concerns Phone: 111

Rape and Abuse Line Phone: 0800 8000 123