



St Martins School

Selfless ❖ Self-assured ❖ Successful

**St Martins Safeguarding &
Student Support Services**

kooth

Your online
mental
wellbeing
community.

Physical and Mental Health Advice

stem4i
supporting teenage mental health

Support with
mental health
needs for
young people.

ChildLine
0800 1111

A free, 24
hour advice
service to talk
about anything.

NSPCC

A free, 24
hour advice
service to talk
about anything.

shout
85258

Text Shout to
85258 for 24
hour confidential
text support.

HEALTHiTEENS

CHAT nurses provide
health confidential
health support in
school and via text.

07507 330 346

mind

Mental Health
support and
Mental Health
crisis team.

SAMARITANS

A free, 24
hour advice
service to talk
about anything.

Beat
Eating disorders

Information and support surrounding eating disorders.

Eating Disorders, Drug & Alcohol use, Self Harm & School Refusal



Support with child anxiety and school refusal.

withyou

A free service which works young people with worries about drugs/alcohol.



ALUMINA
Free online self-harm support for 10-17 year olds.

Online Safety

CEOP

Keeping young people safe from online abuse.

internet matters.org

How to stay safe online and using social media - help for all ages.

St Martins Safeguarding and Student Support Services

At St Martins School we are committed to your safety; keeping you safe both in and outside of school is vital to the work that we do.

Within our pastoral structure the first port of call for the needs of your child will be their tutor and their Head of House. This team of staff is able to support with initial concerns that may be present and help promote well-being, healthy attendance patterns, and support in friendship needs.

For both pupils and families we also have access to The Well-Being Hub, a service accessed online. Here you can find advice and support on a huge range of needs; workshops are also available to help with the all the challenges that can come our way.

All pupils will be able to access this fantastic service through log-in details provided in their PSE lessons. For any parents wishing to have a log in to access directly, please contact the Student Support Services team via reception@stm.318education.co.uk.



Our Student Support Services (SSS), made up of Designated Safeguarding Leads (DSLs) has specific additional training to work with students and families on safeguarding matters. The expertise and experience within this team ensures that we are able to give advice and support on even the most sensitive and challenging of issues. We work closely with additional outside agencies to ensure that, where appropriate, any services that may also be able to give help may be brought in to give your child the best help possible.

For direct contact with Student Support Services please email: studentsupportservices@stm.318education.co.uk

For out of hours support pupils are also able to directly communication with members of SSS via Teams.

For **urgent matters** we advise seeking help via other **external avenues**, call 999 if there is **immediate danger** for which you need **emergency help**.



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Other specialist services that may be appropriate include those linked below. For assistance in linking into these please contact Student Support Services where our team can advise as to the most appropriate services and how referrals can be made.



A holistic service which works with the whole family.



Wellbeing & Mental Health support in Shropshire.



Wellbeing & Mental Health support in Wales.



CEOP: www.ceop.police.uk

Internet matters: www.internetmatters.org

Childline: www.childline.org.uk

NSPCC: www.nspcc.org.uk

Shout: giveusashout.org

Kooth: www.kooth.com

Stem 4: www.stem4.org.uk

Health for Teens: www.healthforteens.co.uk

Mind: www.mind.org.uk

Samaritans: www.samaritans.org

With You: www.wearewithyou.org.uk

Beat: www.beateatingdisorders.org.uk

Alumina: www.selfharm.co.uk

Anxiety Recovery: www.anxietyrecovery.co.uk