

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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Coffee Mornings

Look out for our regular drop-in coffee mornings which run on the third Thursday of every month; an informal setting to chat with our team members. additional professionals and community members over a cup of coffee and a biscuit.

We aim to be as accessible as possible to give direct support or signpost to other services which could offer more dedicated advice, guidance and care. Of course, dropping in just to say hello and put names to faces and meet other parents and carers is also very welcome and reminds us all that teamwork is the best way to support the young people who make up our very special school.

We always invite a representative from the Shropshire Early Help team to our coffee mornings and regularly welcome others such as Trailblazer mental health nurses.

Early Help

Early Help is a really broad service encompassing agencies which offers support to families across a spectrum of needs – ‘the circle of support’.



The level of input is dependent on needs; school is an ideal place to begin conversations surrounding the needs you want help with.

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.

We do recognise that for some services there are significant waiting lists and the time to get much needed support in place can be frustratingly long. So, we do urge you to seek help early and speak to us about what other help can be put in place alongside waits for specialist support.

Kooth

Kooth is an online service which is completely free to access, does not require any referrals and does not have waiting lists for help.

Kooth can be accessed directly by our young people who wish to reach out for help for literally any area of need they may have, from concerns regarding mental health, physical health, sexuality, online safety, substance use, safeguarding, abuse, crime and more.

There are many ways to engage on the platform and many young people feel safe to talk about matters on their mind with the knowledge that the anonymity provided reduces potential barriers that can exist which reduce engagement in support elsewhere.

As well as support for young people there are also a huge range of support avenues for parents and carers who may be experiencing challenges in the care of their young people. We know that parenting does not come with a manual; but the help of professionals and shared experiences of other parents and carers can come together to support you in navigating the nurture and growth of the children and young adults within your families and our wider community. So please do navigate to this resource and explore what help is available.





Keeping young people safe from online abuse.

Online safety



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



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



Wellbeing & Mental Health support in Shropshire.



Wellbeing & Mental Health support in



Text Shout to 85258 for 24 hour confidential text support.



Your online mental wellbeing community.

Physical health, mental health and advice



Support with mental health needs for young people.



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

07507 330 346



Mental Health support and Mental Health crisis team.



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



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

Eating disorders, drug and alcohol use, self-harm & school refusal



Information and support surrounding eating disorders.



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



Support with child anxiety and school refusal.



A holistic service which works with the whole family.

NSPCC

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



family lives

Forums and direct support for all areas of

Shropshire Parenting Help and Support Line

01743 250950

Mon - Thurs, 9.30am - 4.30pm
Fri, 9.30am - 3.30pm
Holidays email support

Confidential advice to support the challenges of

kooth

Support and resources for all areas of family life

Wider family support

CEOP: www.ceop.police.uk

Internet matters: www.internetmatters.org

Childline: www.childline.org.uk

NSPCC: www.nspcc.org.uk

Shout: giveusashout.org

Kooth for young people: www.kooth.com

Kooth for families: www.connect.kooth.com/for-families **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

Family Lives: familylives.org.uk

Shropshire Early Help : www.next.shropshire.gov.uk/early-help or call **0345 678 9021**.

Shropshire Parenting Help and Support line : www.next.shropshire.gov.uk/early-help
email parenting.team@shropshire.gov.uk or call **01743 250950**