



**St Antony's  
Roman Catholic School**

ASPIRE + BELIEVE + ACHIEVE

# Y11 WELLBEING GUIDE

Support post examinations

# WELLBEING SUPPORT

- You may have finished your lessons and no longer be required to attend but we still want to support you outside of the classroom 😊
- On the next slide is a list of services you can contact directly for any mental health and wellbeing support you may require once you have left us.
- We are going to have a weekly drop in slot so you can continue to keep in contact with us should you need any support.
- You can email us anytime at [safeguarding@st-antonys.com](mailto:safeguarding@st-antonys.com)



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# WEEKLY DROP IN SESSIONS

- Sometimes we all need to talk things through with someone else and offload any stressful situations.
- Ms Gratton has kindly offered to be available on a Friday Period 1 and Period 5 both weeks so you can arrange for a group chat or one to one chat or maybe just even to say hello 😊. To book in email, [j.gratton@st-antonys.com](mailto:j.gratton@st-antonys.com)
- You must sign in and out at reception and times will be strictly limited to these periods. Remember if you need something we are here for you! Mr Speake 😊



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# SUPPORT SERVICES AND LINKS

- There are lots of areas for support and resources on the school website. You can access these on the link below.

[Wellbeing – St. Antony's Roman Catholic School \(st-antonys.com\)](http://st-antonys.com)

- Kooth.com
- Childline: [www.childline.org.uk](http://www.childline.org.uk)
  - 0800 1111
- Talkshop: [talkshop@Trafford.gov.uk](mailto:talkshop@Trafford.gov.uk)
  - 0161 912 2453
  - Twitter: [https://twitter.com/talk\\_trafford](https://twitter.com/talk_trafford)
- 42<sup>nd</sup> Street: [42ndstreet.org.uk](http://42ndstreet.org.uk)
  - 0161 228 7321



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