

Y7 HALF TERM 6 – TAKING RESPONSIBILITY FOR MYSELF SUPPORT & SIGNPOSTING

If you need support:

Speak to a trusted adult at home or at school.

Call 111 for medical concerns that are non-emergencies.

Call 999 for medical emergencies.

Further support

- Speak to a tutor, head of year, school nurse or other trusted member of staff in the school
- Speak to another trusted adult or health professional outside of school
- Contact Childline www.childline.org.uk 0800 1111
- Visit NHS Live Well: www.nhs.uk/live-well

