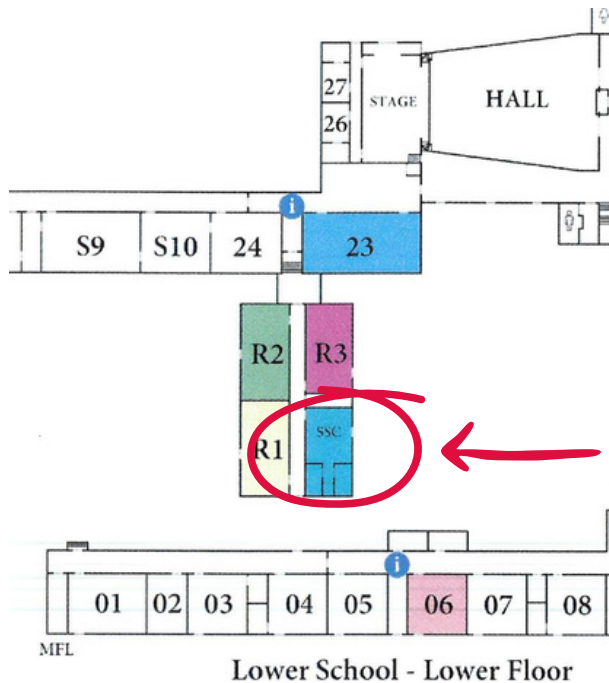


WHERE ARE WE?

We are located in the link block with the "R" rooms.

We have a garden connected to us, which we use for students' learning, mindfulness, and self-care.



Mrs Berridge



Mrs Brown



Our Team

Miss Jansons-Davies



Ms Ward



STUDENT SUPPORT CENTRE

MENTAL HEALTH

Useful Websites



www.stem4.org.uk



www.mind.org.uk



www.koothplc.com

Recommended Apps



MOVE MOOD



CLEAR FEAR



CALM HARM



Remember, you are not alone.

You can talk to a parent, teacher or your GP about your mental health.

SUPPORT AVAILABLE



Check-in with the team



5 minute calm down



Intervention groups



Mentoring



Break & lunch provision



In-class support



Key worker

Groups (one per half term):

- Behaviour intervention group
- Anger management group
- Life at Redhill group
- Well-being group
- Resilience group
- Careers support



POTENTIAL REASONS FOR SUPPORT

Our support maybe needed at any point throughout a student's life at Redhill for a number of reasons, including (but not limited to):

Bereavement
Revision Support
Anxiety
Behaviour
Social Skills
Depression
Self-esteem
Exam Stress