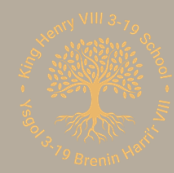


# Where to get help – Secondary Phase



There are many services you can ask a member of the Wellbeing Team to refer you to. Please speak with any staff member if you want more information. All staff promote positive mental health in lessons and assemblies and can offer all pupils advice and guidance.

## Support led by school staff / pupils

### WBLSO Interventions

Healthy friendships, anxiety, exam stress and anger management

### Mental Health First Aid

Trained Mental Health First Aiders run sessions at breaks and lunches for every year group

### ELSA

An Emotional Literacy Support Assistant who can help young people with various aspects of emotional wellbeing

### Peer Mentoring

Trained peer mentors from the Wellbeing Ambassador or PALs teams

### Flourish

All WBLSOs are trained to provide the Flourish intervention

## Support led by outside agencies



Platform Group sessions that focus on developing positive coping strategies for wellbeing



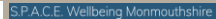
**CAMHS group and in-reach support**  
Online and in school group sessions for pupils, and advice, support and guidance for school staff about pupils



**School-Based Counselling**  
One-to-one counselling sessions with Monmouthshire's Counselling service – more info [here](#)



**School Nursing Service**  
Face-to-face and text message support  
07312263262



**SPACE Wellbeing Referrals**  
Single point of access referrals to a variety of agencies to support mental health.



**The Baxter Project**  
An intervention that builds positive relationships and resilience



**Inspire to Achieve**  
Our Inspire to Achieve worker Rhiannon can support pupils emotional wellbeing



**Starfish Salvation Army**  
volunteers providing 1:1 mentoring



**SHIFT / Emotional Logic**  
A 1:1 intervention that supports pupils in developing strategies for managing their emotions