

# 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



One to one support for young people who are at  
risk of homelessness or need support and  
guidance around demands of living independently



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



**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



**School-Based  
Counselling** 1:1  
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.



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



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

