

**Peer Support at St Richard's**

- Anti-bullying Ambassadors
- Mental Health Ambassadors
- Student Listeners
- Prefects

There is always someone to talk to.



**St Richard's will not tolerate bullying of any kind.**


If you experience or witness any bullying, please report this to any member of staff; do not delay!

You can also seek support from an Anti-Bullying Ambassador.



**Mental Health**

See posters around the school for Staff Mental Health First Aiders. You can also speak to Pastoral Support Manager, Emma Dann, or to the Pastoral TAs found in the HIVE before school, at break or lunchtimes.




**Pastoral Support**

**Mrs Bligh** – Pastoral Lead  
**Emma Dann** – Pastoral Support Manager  
**Jo Doyle** – Lay Chaplain  
**Your Pastoral Leader**  
 Teacher Mentors:  
**Mr Padgham & Mrs Knight**  
**HIVE TAs** - Mrs Taylor-Singfield / Mrs Ellis



**School Counsellor**

If you would like an appointment to see Helen, our School Counsellor, this can be arranged. Please speak to a member of staff that you feel comfortable speaking to or email Mrs Bligh.





**E-motion** is a free online counselling service that anyone aged 12–18 can access. Trained counsellors can help you deal with any negative thoughts or feelings. To use this service email: [hello@e-motion.org.uk](mailto:hello@e-motion.org.uk)



**School Nurse**

A drop in service runs fortnightly in school. If you are worried about a health issue, text 07507332473 for an appointment with the School Health Team.




**WHISPER**

**whisper**

An anonymous reporting tool. Are you worried about a friend? Want to raise a concern anonymously? Please use the Whisper reporting tool on our school home screen.

Take control of your life online with the BBC Own It App to help you make better informed choices. Under 13s need parental permission.



Childline is a service run by the NSPCC.

**ChildLine**  
0800 1111

You can talk to Childline about anything, no problem is too big or too small. If you do not want to call you can visit the website: [www.childline.org.uk](http://www.childline.org.uk)

Frank is an honest website with information about drugs and alcohol. You can call Frank on 0300 123 6600 for confidential advice. East Sussex also have a support service called Under 19s Substance Misuse Support.

**FRANK**  
Friendly, confidential drugs advice

**Fearless** is a service that allows you to pass on information about crime 100% anonymously. Do not hold onto information that may lead to someone being harmed. Report this online at: [www.fearless.org](http://www.fearless.org)

