



Mental Health First Aiders (MHFA) at Beacon are:



Mrs Bodman



Mrs Layne



Mrs Austin



Mr Williams



Mrs Allen



Mr Cryle



Miss McCormach



Dr Grossman



Mrs Evans



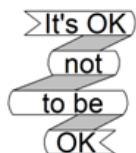
Mrs Feltham



Mrs Tibbutt



Mrs Carne



Useful apps and outside Support:



CHILL PANDA:

<https://www.nhs.uk/apps-library/chill-panda/>



WASO: <https://www.wysa.io/>



EVERY MIND MATTERS: <https://www.nhs.uk/oneyou/every-mind-matters/>



YOUNG MINDS:

<https://youngminds.org.uk/>



CALM HARM:

<https://www.nhs.uk/apps-library/calm-harm/>



CALM:

<https://www.calm.com/?from=/> <http://>



COVE: www.cove-app.com/

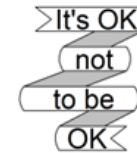


SHOUT: <https://www.giveusashout.org/>



NHS: <https://www.nhs.uk/conditions/stress->

IT'S OKAY IF YOU STUMBLE OR HAVE TO START OVER. JUST DON'T EVER GIVE UP.



At Beacon we care about you!



There are lots of people around to help..... ALWAYS!!!





Mental Health and Beacon Academy:

At Beacon Academy, we are dedicated to promoting positive mental health and destigmatising mental health issues. We seek to promote positive aspects of physical, mental and social health through a variety of ways: quality teaching, relevant lessons and discussion. We also offer a wide range of support across the school, with dedicated teams working to help each and every student fulfil their potential and ensure their happiness.



Help is ALWAYS here, when you need it:

- ◆ Student Support quiet areas;
- ◆ Assistant Heads of Year, and Heads of Year;
- ◆ Y7 Intensive Transition support for all;
- ◆ Y9, 10 and 11 School Counsellor;
- ◆ Y11 Exam support;
- ◆ PAT dogs;
- ◆ Welfare area;
- ◆ School Nurse visits fortnightly;
- ◆ Well Being Hub;
- ◆ School Website:

<http://www.beacon-academy.org/web/students/health-wellbeing.php>

- ◆ MHFAs;
- ◆ Worry Busters club
- ◆ 'It's Ok' icon on desktop;



- ◆ Listen Hear at Beacon;
- ◆ Clued Up in Crowborough.
- ◆ Young Carers

Please ask a member of staff for more information.



More strategies and support:

Ask about the following in Student Support :

- ◆ Student mentoring
- ◆ Resilience Clubs
- ◆ Mindfulness ideas and strategies
- ◆ Lunchtime clubs
- ◆ Homework support
- ◆ Edulink Issues
- ◆ Wellbeing Group Sessions

