

PUPIL MENTAL HEALTH AND WELLBEING INFORMATION

‘Mental health is a state of well-being in which every individual realises his or her **own potential**, can cope with the normal stresses of life, can work **productively and fruitfully**, and is able to make a contribution to her or his **community**.’

- *World Health Organisation*

At Pangbourne College, we aim to promote positive mental health and wellbeing for



every member of our College community through our College ethos, Flag Values and, indeed, everything we do. Moreover, every student will have

followed specific wellbeing lessons as part of the PSHCE programme. The first line of our Code of Conduct says:

‘PANGBOURNE COLLEGE IS OUR COMMUNITY WHERE THE INDIVIDUAL MATTERS’.

In addition to promoting positive wellbeing, we aim to recognise and respond to individuals when they need extra help and support with their mental health. There are times in life when we all need a helping hand and, at Pangbourne, we emphasise that it is a sign of strength to seek that support. However, sometimes the most difficult thing is asking for it.



WHEN SHOULD YOU SEEK HELP & SUPPORT?

- You may be feeling anxious, worried or depressed
- You may not feel safe or are worried about the safety of someone else
- Somebody has done something to you
- You may feel that you are not coping very well
- Relationships at home or at school may be difficult or challenging
- You may be feeling confused, perhaps because important decisions need to be made
- You do not feel anyone is listening to you and you need a safe space to talk
- You may seem fine on the outside, but inside you are feeling lost or uncertain

WHERE DO YOU GO FOR HELP & SUPPORT?

At Pangbourne there are a range of people you can turn to for support. It will largely depend on the nature of the issue you are facing, for example, if you are feeling unwell, it is sensible to visit the Health Centre and see the nurse on duty.

Alternatively, if you are having a problem with your timetable, it is probably wise to talk to your academic tutor. However, we also recognise that there will be teachers and senior pupils that you like and trust more than others. The important message is that you speak to somebody.

Here are a few examples of pastoral support and help in the College:

1. THE SAFEGUARDING TEAM

If you are concerned about your safety or the safety of someone else, we advise you to talk to one of the members of the Safeguarding Team:

Mr Rupert Bancroft

Deputy Head Pastoral
Designated Safeguarding Lead
(office in Study Block)

Mrs Caroline Bond

Assistant Head Pupil
Mental Wellbeing
(office in Study Block at the
bottom of the 'down' stairs)

Mrs Samantha Greenwood

Deputy Head Academic
(office in Study Block)



Mr Tom Cheney

Senior Housemaster
(office in Hesperus)

Mr Mark Skidmore

Head of Maths
(office in Hut 6)

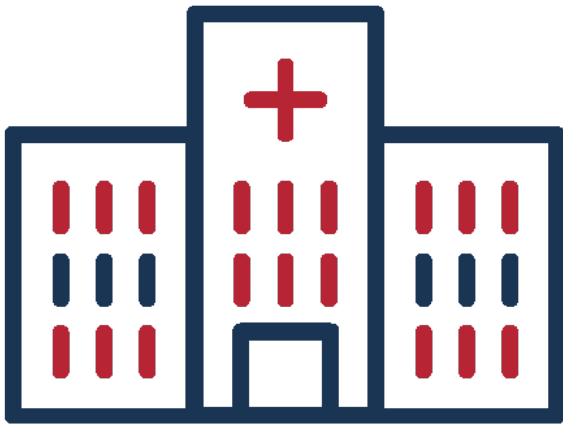
You may prefer to report your concern anonymously to the Safeguarding team. At Pangbourne, we have 'tootoot', which can be accessed via the Pupil Portal or as an app which you can download on your phone.

2. HOUSES

Your Houses provide an important pastoral hub and the following are here to support you:



Peer Mentors are members of the Upper Sixth who have been specifically trained to help and support peers.



The Senior Nurse (Mrs Sue Smith), or one of the Health Centre nurses, are on duty 24 hours a day in the Health Centre. It is necessary, however, to observe the published times for routine surgery matters. The nurses can arrange **consultations** with the doctor who in turn can draw on the full range of **specialist medical treatment**.

3. HEALTH CENTRE

You may wish to talk in confidence to a specially trained counsellor who is not a parent, friend or teacher. Students have found it helpful to talk things through in a **safe place** with someone who is there to **listen and not to judge**. The College Counsellor is Vicky Wenham and she comes into the Health Centre on a Tuesday and Wednesday. Appointments can be booked through the Health Centre or Mrs Bond. Alternatively, you can contact her directly at vicky.wenham@pangbourne.com



4. COUNSELLING



5. TEEN TIPS, THE WELLBEING HUB

Some of you may prefer to access information online. At Pangbourne, we have invested in **Teen Tips, the Wellbeing Hub** which provides a wealth of valuable information on a range of **social and emotional issues**, for example, coping with exam pressure, bullying, dating, eating disorders and alcohol to name a few.

Pupils have found the information on Teen Tips really helpful. If you haven't already done so, please register for the Hub via **My Portal**. Your tutor will help you.

A community where you can flourish

OTHER USEFUL EXTERNAL WEBSITES & APPS

- **Youngminds** (Mental Health support for young people):
www.youngminds.org.uk/young-person/
- **Place2be** (Mental Health support for young people):
www.place2be.org.uk/
- **Childline** (counselling and advice service for young people):
www.childline.org.uk/ or call 0800 1111
- **Kooth** (online mental wellbeing community):
www.kooth.com
- **ThinkNinja** (mental health app that helps 10-18 year olds learn and manage their mental health):
www.nhs.uk/apps-library/thinkninja/