



Deer Park School



Deer Park *Wellbeing*

Student Wellbeing Menu

“We care about every mind and everybody”

Support at Deer Park

Come and visit our Wellbeing Bar in the LRC

Monthly workshops to support your wellbeing will take place in the LRC, have a look at the wellbeing bar notice board to see which ones you would like to attend

Email wecare@deerparksecondary.org if you have a wellbeing concern about yourself or a friend

Deer Park School , Sika Avenue , Hedge End, SO32 2HT

01489 351100





Starter Support

Tutor / DOPA

You can speak to your tutor or DOPA who then can sign post or provide you with details of where you can access appropriate support.

TADIC—Teenage, Adolescent Drop In centre

Situated next door to Hedge End GP Surgery you can 'drop in' on Wednesday evenings 3pm—6pm and speak to a professional about how you are feeling. <https://www.teenagedrop-inhedgeend.co.uk/>

Childline 0800 1111 <https://www.childline.org.uk/>

Help, support and advice on the phone or via the internet

CATCH22

Drug and Alcohol misuse service for young people. Ask at the wellbeing bar for more information.

<https://www.catch-22.org.uk/>

Self help websites

Think Ninja <https://www.nhs.uk/apps-library/thinkninja/>

Young Minds <https://www.youngminds.org.uk>

<https://www.thecalmzone.net/>

<https://www.lifesigns.org.uk/>

www.moodjuice.scot.nhs.uk

www.anxietybc.com

<https://stem4.org.uk/>

Main Support

School Nurse

Speak to DOPA or safeguarding officers who can arrange for you to meet with a school nurse or text **CHATHEALTH** on **07507 332160** if you would like confidential advice

[KCC 1:1 Mentor Sessions](#)

Bespoke service tailored to each individual

Police Community Support Officer

Available for all manner of advice, chats and guidance

Targeted group Support

Bespoke schemes of work for identified students . Visit the wellbeing bar to see what is on offer.

External Support

Additional outside support we can help you access:

CAMHS Child and Adolescent Mental Health Service

Child and Adolescent mental Health services is the name for NHS provided services in the UK for children, generally until school-leaving age, who are having difficulties with their emotional or behavioural well-being.

<https://hampshirecamhs.nhs.uk/>

[Children's Services \(Hampshire\)](#)

Provide support and social care services for children, young people and families. They have a very clear goal to protect children and young people from harm and improve the quality of care they receive.

Cruse / Simon Says

Cruse Bereavement is a national charity providing free advice, information and support to adults, young people and children who are struggling to cope with grief arising from bereavement, when or however the death occurred. <https://www.cruse.org.uk/>

<https://www.simonsays.org.uk/>

Young Carers

A young carer is someone under 18 who helps look after someone in their family, or a friend, who is ill, disabled or misuses drugs or alcohol. If this describes you then the young carers organisation can support you.

Please see Mr Hastings or contact Eastleigh Young Carers

<https://1community.org.uk/support-at-home/young-carers/>

Kooth online counselling

Online counselling service <https://www.kooth.com/>. Any child can log on and speak to a trained counsellor until 10pm at night

I need immediate help?

Emergency 999

NHS 111 - 24/7 Mental Health Triage Service

