



## CAN WE HELP YOU?

We take the wellbeing, welfare and happiness of all our students here at Tavistock College extremely seriously. That's why we have a number of adults who are here to help you if you have problems or things on your mind. This poster introduces them to you and tells you a little bit about how you can get in touch with them.

### CLAIR THOMAS – WELL BEING WORKER

Clair works here from Mondays to Wednesdays and is based in the Key Stage 4 Hub.

Clair is here for early help with mental health and well being issues. She is able to help you and talk about your thoughts and feelings. She won't tell you what to do, but will support you to try and work out solutions for yourself.

Clair's help is confidential unless she thinks you are in danger or at risk when she may have to speak to the Vice Principal or Principal.

If you think you need to see Clair, your Head of Year needs to refer you, so please speak to them first. There is usually a waiting list to see Clair, but emergency referrals can be made through your Head of Year.



### TRUDI MASSEY & CATALYST MENTORS

Trudi leads a team of mentors who come into the college throughout the week. Trudi actually works for TACT (Tavistock Area Christians Together) but the College is lucky to have Catalyst supporting us.

Trudi and her team aren't counsellors but they can help if you are having problems with family relationships, if you have lost someone and are grieving or if you're having difficulties with your friends. The team can work

one to one with students and they also run support groups. Your tutor or Head of Year might suggest that you see Catalyst. You can also ask for a referral by seeing Mrs Thomas or your Head of Year. Catalyst also run youth groups outside of school hours. Please see one of the mentors or their website for details.



### GARY JONES – SCHOOL NURSE

Gary works for Devon County Council as a qualified school nurse. Ordinarily he is at the college on the first and third Monday of each month, and can see students through either a booked appointment or drop in arrangement, in the Phoenix Suite. Gary can help with all health matters including feelings, relationships, healthy eating and body image, sleep problems and managing illnesses. You do not need an appointment to see Gary but if you would like someone to introduce you, your Head of Year can make a referral with the agreement of you (and your parent{s} if you are under 16)



### THE SCHOOL PASTORS



The school pastors are volunteers who are in college at lunchtimes on Wednesdays. They are here for you to chat to and share any worries with. Their aim is to care, listen and help. You cannot fail to see the pastors, they wear navy blue jackets in winter and polo shirts in better weather with their logo on. Please stop them and say "hello"!

### YOUNG DEVON



Young Devon is a charity for young people in the county and one of the services offered is counselling. People need counselling for all sorts of reasons. From difficulties at home or school to feelings of depression and anxiety which have no apparent cause. Counselling can give you the time and space to explore your feelings, discuss your situation, and find a way through. A Counsellor does not judge you and will not tell you what to do. Everything you say is confidential. So if you are between 11 & 18 and would like face-2-face counselling you can:

- Call Young Devon free on 08082 810155
- Go to [www.kooth.com](http://www.kooth.com) or visit our web page below to complete an online enquiry form, [www.youngdevon.org](http://www.youngdevon.org)
- Ask your Head of Year or Mrs Thomas to put you in touch.

If you have serious safeguarding concerns about any student please speak urgently to the Designated Safeguarding Lead/Vice Principal, Mrs Manning or contact the Devon Multi Agency Safeguarding Hub (MASH) on 0345 155 1071/ [mashsecure@devon.gov.uk](mailto:mashsecure@devon.gov.uk)

**If you think a child is in immediate danger call the police 999/101.**

