

## COUNSELLING & SUPPORT SERVICES

### Hove YMCA

Support & Advice Service for  
Young People 01273 889292

**CRUSE** - Bereavement Care: ask for  
a young person's appointment  
01323 642942

[www.crusebereavementcare.org.uk](http://www.crusebereavementcare.org.uk)

### YOUNG CARERS

Support for young people who have  
responsibility for caring for an adult  
or another child 01323 738390  
email [youngcarers@cftc.org.uk](mailto:youngcarers@cftc.org.uk)



0800 11 11 [www.childline.org.uk](http://www.childline.org.uk)

### TIME2TALK

Help families to talk and listen to  
each other - 01323 413487

### DRUGS & ALCOHOL

Under 19s Substance Misuse  
Service - 01323 841470

## FRANK

Confidential advice & Information  
regarding drug & alcohol abuse  
0800 776600 - Text 82111  
[www.talktofrank.com](http://www.talktofrank.com)

## HEALTH

Haven Lounge Health Drop-in  
Sexual health & drugs information  
@ The Joff Weds 7-9pm, Fri 4-7pm

[www.nhs.uk/livewell](http://www.nhs.uk/livewell)

National Self Harm Network

[www.nshn.co.uk/](http://www.nshn.co.uk/)



[www.youth2youth.co.uk](http://www.youth2youth.co.uk)

Organisation run by young people  
for young people

Helpline - 020 8896 3675

or go to [online chat](#)

(Mon or Thur 6.30pm to 9.30pm)

[email](#) us any time

Young People's Centre  
69 Ship Street  
Brighton  
01273 887886

<http://ypc.ebabel.org.uk/>



## Student Information, Advice and Guidance

Who Can Help?



## Support in School - who is there to help?

**Mentors** - Your Mentor is there to help. If you would like information about school activities or if you have concerns about issues such as IS, friendships, bullying or anything else that's worrying you, your mentor is a good place to start. They will be able to help you yourselves or suggest who else to talk to.

### Student & Family Support Team

The SFST offices are on the Maths corridor. **Ann Ford** works with students to investigate and resolve incidents in school, including bullying. Ann also runs peer support groups and co-ordinates peer mediation.

**Jo Thulborn** is the PCS social worker. Jo works with students and their families for a variety of reasons. If you have any worries for your safety or that of others, Jo is available for you to talk to.

**School Nurse - Anna Rawson** is your school nurse. Anna is available

to discuss any aspect of your health and well-being. The school nurse drop-in runs at lunch times on Monday in LA 9 on the language corridor. All students are welcome. Anna would love to meet you!

### Counsellor - Karen Morse

is your school counsellor. Karen works for 'Dialogue Young People' and offers a confidential counselling service. If you think this service might help you, you can talk to your mentor or to Jo Thulborn.



**Connexions - Vicky King** is the Connexions Intensive PA. Vicky works with students in years 9-11 providing individual support to help students address any issues which may be affecting their learning. If you think this service might help you, talk to your Mentor.

**Claire Fussey** is your Personal Adviser for Careers. Claire runs a drop in on Tuesdays and Wednesdays in the Connexions Careers resource base at the back of the library.

## Support outside School - who is there to help?

There are many organizations locally and nationally which are there to provide support, information and guidance to young people. The following are details of some of the key agencies. If the information you need is not here or you would like support to make contact, the adults in school are there to support you.

**BULLYING:** Bullying is behaviour by an individual or group, repeated over time, that intentionally hurts another person or group either physically or emotionally.

**East Sussex Anti-Bullying Team**  
01273 747081

**Anti-Bullying Alliance**  
0207 843 6000

**INTERNET SAFETY:**  
[www.cybermentors.org.uk](http://www.cybermentors.org.uk)  
[www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)