



Knowing where to
go to find help



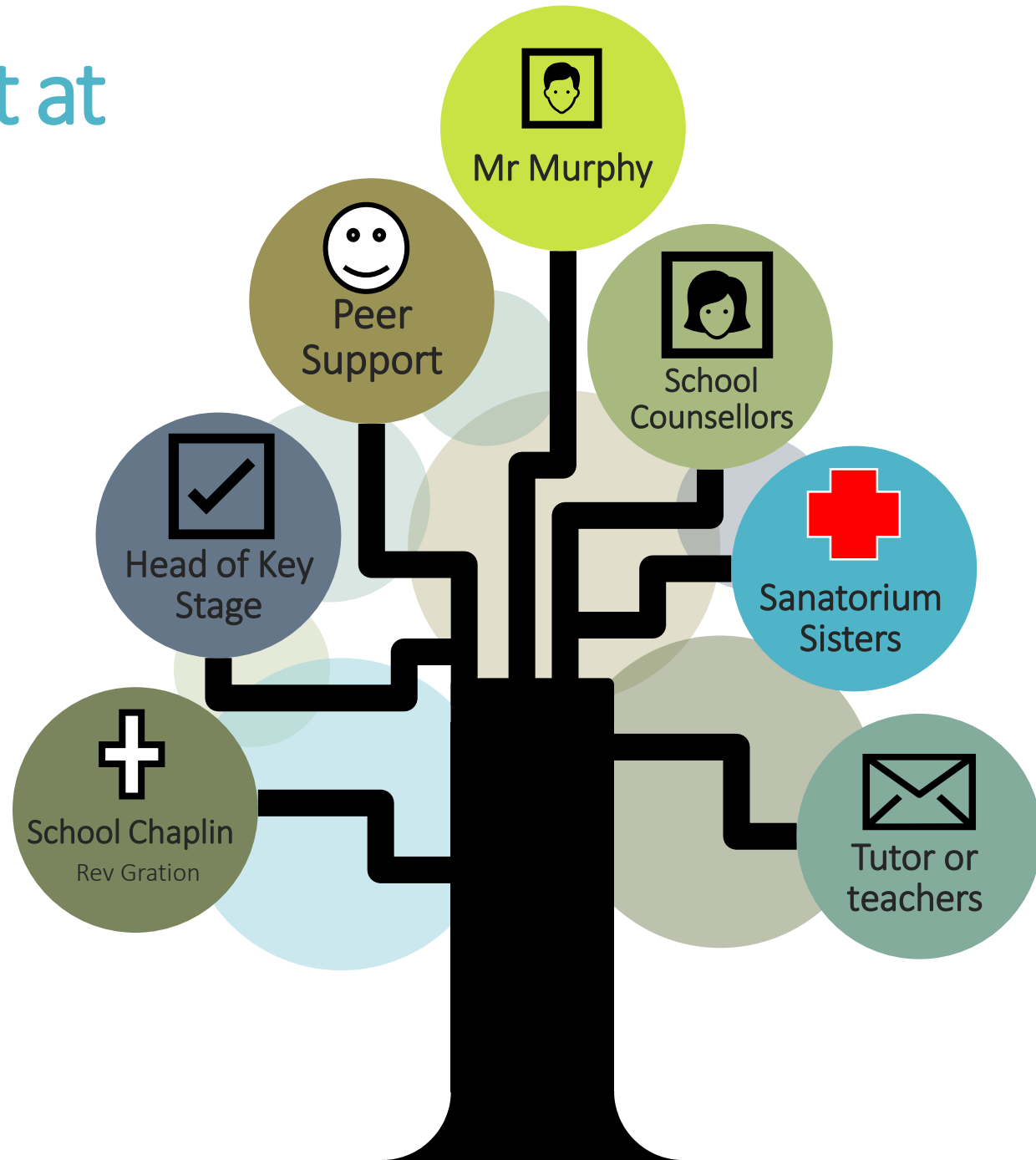
Where to find support at Ellesmere College

It can be difficult to know where to go to find help when you need it.

The first port of call is often your mum or Dad but we understand that sometimes this isn't always possible.

Ellesmere College has lots of different options for support for when you feel anxious or upset.

No problem is ever too big or too small.



School Contacts for Support

Mr Murphy: alex.murphy@ellesmere.com
Sanatorium Sisters: sisters@ellesmere.com
Reverend Gration: phillip.gration@ellesmere.com
Head of Lower School: Sharon.owen@ellesmere.com
Head of Middle School: siobhan.phillips@ellesmere.com
Head of Sixth Form: tom.gareh@ellesmere.com

Your tutors, house master/mistress and house mothers are also good points of contact and can be reached on their school email.



External sources of support

If you do not wish to speak to someone at home or in school, there are many different options for external support:

Support

Shout – Text line: <https://giveusashout.org/> Text: 85258 (One to one support through texts)

Samaritans: <https://www.samaritans.org/> Call: 116 123 (One to one support on the phone)

Childline: <https://www.childline.org.uk/get-support/1-2-1-counsellor-chat/> or call: 0800 1111



Online information

NHS Every mind matters: <https://www.nhs.uk/oneyou/every-mind-matters/>

Bee U (Shropshire support): <https://www.shropshire.gov.uk/early-help/practitioners/the-early-help-offer-provision-of-early-help-services/bee-u-children-s-mental-health-and-wellbeing/>

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

*If you do not feel that you can remain safe then its important to call 999 or 111.

