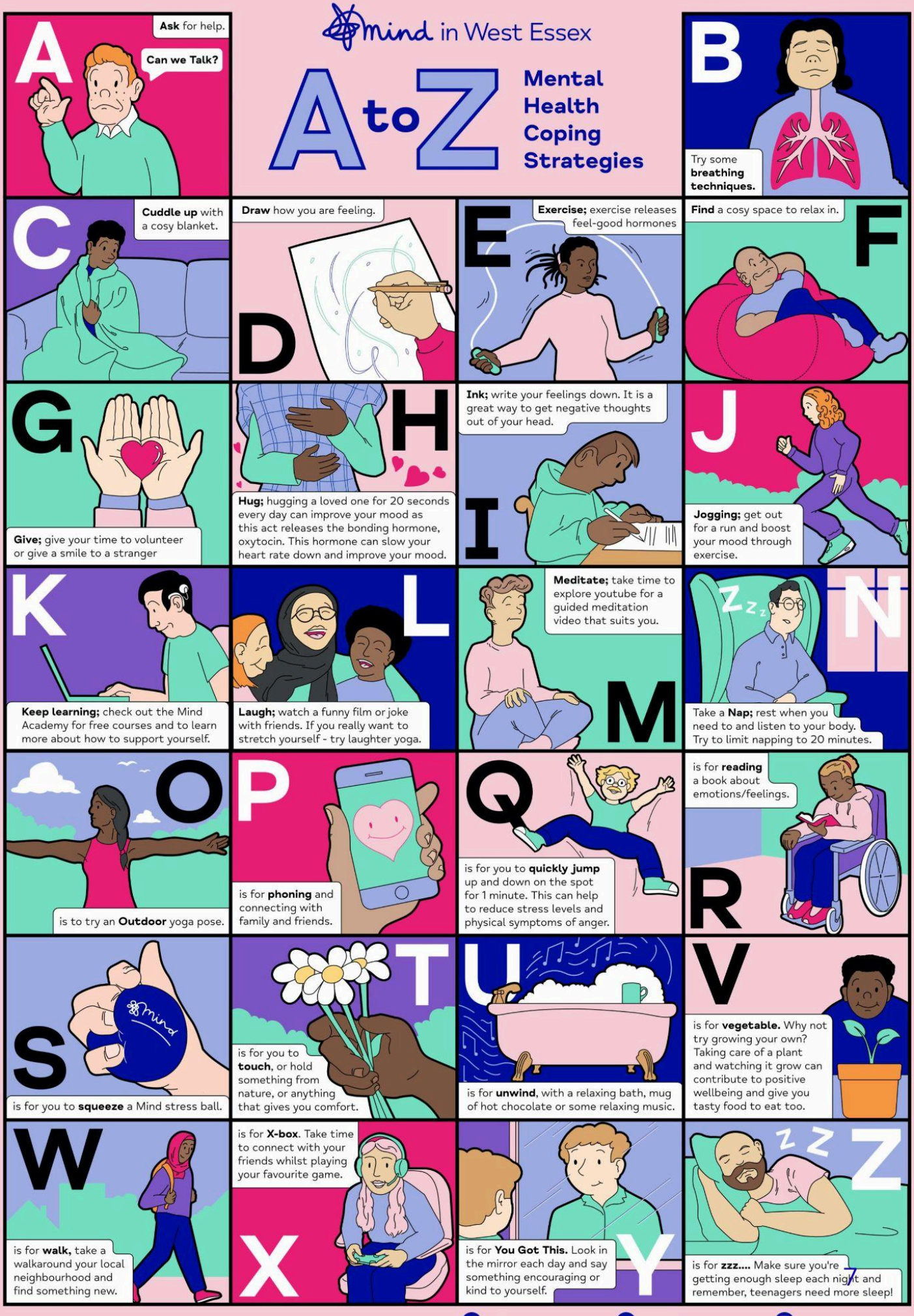
Helena Romanes School Safeguarding
Student resources and support

Document Links
Safeguarding News - The A-Z of Mental Health coping strategies
Who can you ask for help in school
Sources of support
Online safety
Key Stage 5 - Safeguarding when learning to drive
Mental Health

Safeguarding news - Friday 16th October 2026


mind in West Essex
A to Z
Mental Health Coping Strategies
A
Ask for help.
Can we Talk?
B
Try some breathing techniques.
C
Cuddle up with a cosy blanket.
D
Draw how you are feeling.
E
Exercise; exercise releases feel-good hormones
F
Find a cosy space to relax in.
G
Give; give your time to volunteer or give a smile to a stranger
H
Hug; hugging a loved one for 20 seconds every day can improve your mood as this act releases the bonding hormone, oxytocin. This hormone can slow your heart rate down and improve your mood.
I
Ink; write your feelings down. It is a great way to get negative thoughts out of your head.
J
Jogging; get out for a run and boost your mood through exercise.
K
Keep learning; check out the Mind Academy for free courses and to learn more about how to support yourself.
L
Laugh; watch a funny film or joke with friends. If you really want to stretch yourself - try laughter yoga.
M
Meditate; take time to explore youtube for a guided meditation video that suits you.
N
Take a Nap; rest when you need to and listen to your body. Try to limit napping to 20 minutes.
O
is to try an Outdoor yoga pose.
P
is for phoning and connecting with family and friends.
Q
is for you to quickly jump up and down on the spot for 1 minute. This can help to reduce stress levels and physical symptoms of anger.
R
is for reading a book about emotions/feelings.
S
is for you to squeeze a Mind stress ball.
T
is for you to touch, or hold something from nature, or anything that gives you comfort.
U
is for unwind, with a relaxing bath, mug of hot chocolate or some relaxing music.
V
is for vegetable. Why not try growing your own? Taking care of a plant and watching it grow can contribute to positive wellbeing and give you tasty food to eat too.
W
is for walk, take a walkaround your local neighbourhood and find something new.
X
is for X-box. Take time to connect with your friends whilst playing your favourite game.
Y
is for You Got This. Look in the mirror each day and say something encouraging or kind to yourself.
Z
is for zzz.... Make sure you're getting enough sleep each night and remember, teenagers need more sleep!
www.mindinwestessex.org.uk
@MindinWestEssex
@Mind_West_Essex
@mind_west_essex

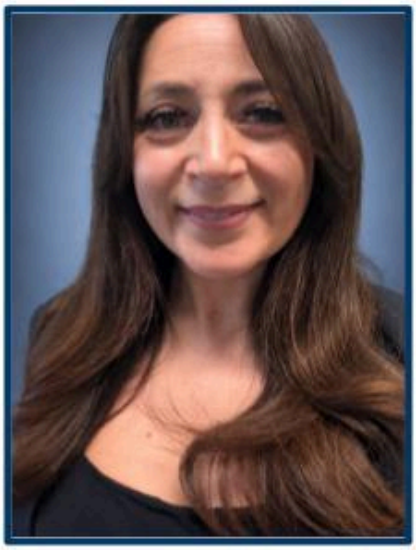
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Problems outside school?
Worried or Frightened?
Concerned about a friend?

ALL STAFF ARE SAFEGUARDING TRAINED AND THERE ARE DESIGNATED STAFF IN SCHOOL WHO CAN HELP YOU

You can also speak to:

- Form tutor
- Head of Year
- Pastoral Leaders
- Class teacher
- Student reception
- Learning Support Assistants
- Senior Leadership Team



HRS Safeguarding



Mrs Grant-Bampton
Senior Safeguarding officer & Deputy Safeguarding Lead
Her office is in B Block, first floor B104, or ask for her in student reception or e-mail worrybox@hrs.education

Mr Emberton
Assistant Head Teacher & Safeguarding Lead
His office is in B Block first floor, B100 or ask for him in student reception, or e-mail worrybox@hrs.education

Who you can ask for help in school:

- Form tutor
- Head of Year
- Pastoral Leaders
- Class teacher

- Student reception
- Learning Support Assistants
- Senior Leadership Team
- Email worrybox@hrs.education
- Mr Emberton - Safeguarding Lead
- Mrs Grant-Bampton - Deputy Safeguarding Lead

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Sources of support for students

Counselling and wellbeing services at Helena Romanes

WHO	WHEN	WHERE
Professional counselling headroom	Monday 9.30am - 2.15pm	D07
Mental Health support mind in West Essex	Tuesday 9.00am - 12.30pm Mon/Tues - 9.30am - 12.30am Thursday 9.00am - 12.30pm	D07 Meetings room
School nurse wellbeing drop in NHS	Thursday 11.30am - 1.30pm Friday 9.30am - 12.00pm	D07

To ask for a counselling or wellbeing appointment please see your head of year, a pastoral leader, Mr Emberton or Mrs Grant-Bampton

If you are experiencing a mental health crisis and need to speak to someone, please call one of the following numbers:

Essex Out of hours Crisis support - 0300 555 1201

Young Minds Crisis Messenger text service (free 24/7 crisis support) - TEXT YM 8528

Samaritans, call for free 24/7, 365 days a year - Call 116113

Childline - Call 0800 111 www.childline.org.uk

- The number won't appear on your phone bill.
- Or you can also visit www.childline.org.uk to speak to a counsellor online.
- ChildLine is a private and confidential service.
- Confidential means not telling anyone else what you've said.
- This means that whatever you say, stays between you and ChildLine.
- They would only need to tell someone else if:
- You ask them to
- They believe your life or someone else's life is in immediate danger
- You are being hurt by someone in a position of trust who has access to other children like a teacher or police officer
- You tell them that you are seriously harming another young person

Police emergency - 999

ESSEX Safeguarding Children BOARD

I'm worried about exploitation	Looking after my mental health	I need some help
Staying safe online	Children in Care Council	I'm a young carer

https://www.escb.co.uk/young-people/

Other sources of support:

The Southend, Essex and Thurrock Children's and Adolescent's Mental Health Service (SET CAMHS) provides advice and support to children, young people and families who are in need of support with their emotional wellbeing or mental health difficulties.

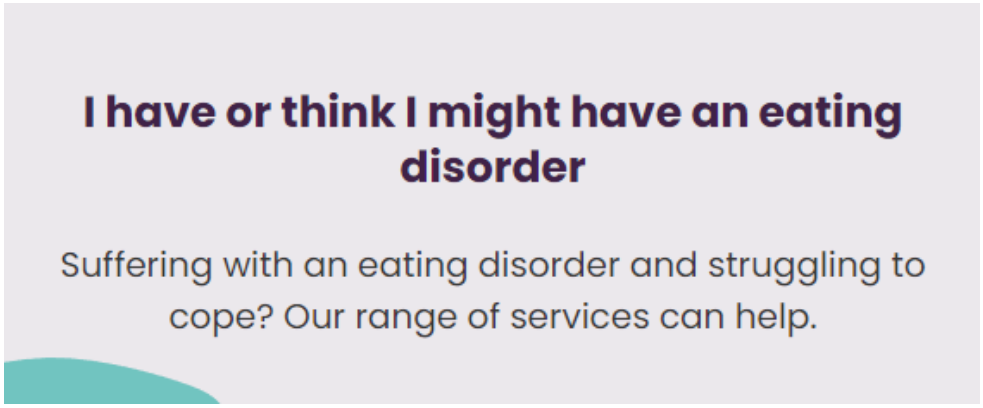
The service covers Southend, Essex and Thurrock and is open to young people under the age of 18.

Any child or young person experiencing mental health difficulties as well as any parent, guardian or professional can access the service for help and guidance.

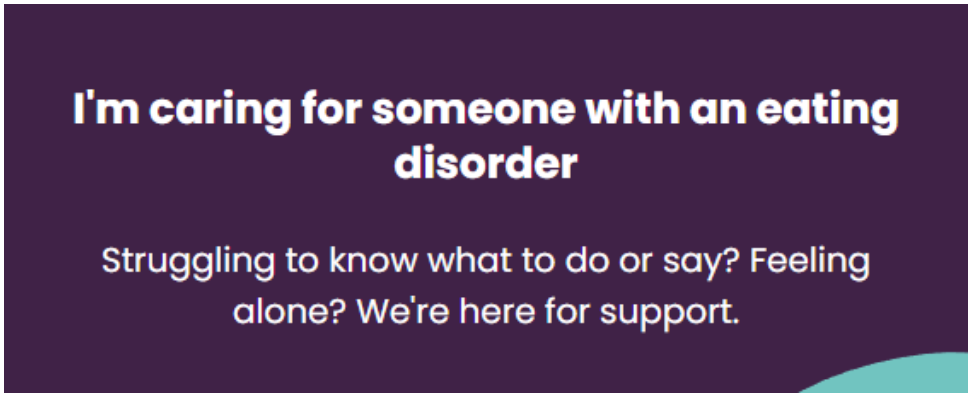
Call SET CAMHS: Freephone 0800 953 0222
Email: SET-CAMHS.referrals@nelft.nhs.uk

NSPCC helpline for potential victims of sexual abuse

- 0800 136 663
https://www.nspcc.org.uk/about-us/news-opinion/2021/sexual-abuse-victims-schools-helpline/



Our services for anyone experiencing an eating disorder - Beat



Our services if you're supporting someone with an eating disorders

Talk ED is a national, peer-led charity supporting anyone affected by any eating disorder or eating distress. We will meet you wherever you are in your journey, with personalised support.
Talk ED

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Safeguarding & online safety for students

Social media safety advice:

- Keep your accounts **private**
- Don't accept friend requests from **people you don't know**
- **Think** about what you post
- Choose your **profile pic** carefully
- **Be careful** what you put in your bio
- Don't give out **personal information** such as where you live or what school you go to
- Be careful what information you you give away about yourself in **pictures** you post
- Know how to control your **location settings**
- Don't use social media to **bully, harass or intimidate**
- Know how to **report issues** on the platform you are using

Ambition | Kindness | Respect | Resilience | Broad Mindedness | Independence

Advice from year 12 & 13:

- Don't add people you don't know
- Block people
- Be private
- Report something if it's upsetting
- Think before clicking on a link - it might be unsafe
- Don't copy your friends, if you don't want to do something don't make your decision based on what others may think.
- Don't download social media until you are old enough and feel like you can cope with it
- Don't give out personal info to strangers
- Ignore and block any hateful behaviour
- Make sure you know your passwords and try to keep them different for different accounts. Also not easy to guess.
- Don't post things you could regret in the future
- Never use your real name, block people as soon as they make you feel uncomfortable
- If you are messaging somebody about anything private, make sure that you know who they are

Internet matters - www.internetmatters.org	Advice about setting and controls including: • Smartphones

Online issues such as:

- Fake news and misinformation
- Screentime
- Inappropriate content
- Cyberbullying
- Online reputation
- Online grooming
- Online pornography
- Self harm
- Radicalisation
- Privacy

- Gaming platforms
- Social media privacy guides

Guides and resources:

- Digital privacy
- Digital resilience toolkit
- Social media guide
- Guide to apps
- Set up safe device checklist

internet matters.org

CEOP

CLICK CEOP Internet Safety

There is a button to **CEOP** on the school website:https://www.helena-romanes.essex.sch.uk/
CEOP helps young people who are being sexually abused or are worried that someone they've met is trying to abuse them. If you've met someone online, or face to face, and they are putting you under pressure to have sex, asking to share images or making you feel uncomfortable you should report to CEOP.
This might be someone:

- Making you have sex when you don't want to
- Chatting about sex online
- Asking you to meet up face to face if you've only met them online
- Asking you to do sexual things on camera
- Asking for sexual pictures of you
- Making you feel worried, anxious or unsafe

If this is happening to you, or you're worried that it might be, you can report this to CEOP
www.ceop.police.uk/safety-centre

REPORT REMOVE
Nude image of you online? We can help take it down.

Report Remove is to help young people under 18 in the UK to confidentially report sexual images and videos of themselves and remove them from the internet.

Having your nudes shared can feel scary, and it can leave you feeling worried or even ashamed. But it's not your fault.

It's against the law for anyone to share a sexual image or video of someone who's under 18, and we're working with the Internet Watch Foundation (IWF) and Yoti to help you remove any sexual image or video of you that's online.

Report Remove is safe, easy and free – all you need to do is follow these steps:

- choose your age range
- create a Childline account so we can send you updates on your report
- report your image or video to the Internet Watch Foundation (IWF)
- talk to a Childline counsellor if you want any extra support, or access support on the Childline website
- check your Childline locker a few days after your report to see if you need to add any more information and to see updates on your report
- report any issues with this process by sending an email from your Childline locker with the subject 'Report Remove' and as much information about the problem as you can.
- Read more about how to report an image or video. Report Remove | Childline

To access the Report Remove facility on the childline website please use the link below:
Report Remove | Childline

UK Safer Internet Centre

Games, quizzes, films and advice to help you get the most out of the internet while staying safe online
Children and young people - UK Safer Internet Centre

childline
ONLINE, ON THE PHONE, ANYTIME

Online safety advice - Staying safe online | Childline

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Key Stage 5

Safeguarding when learning to drive.
We are aware that from time to time, concerns are raised by older students and their parents in West Essex about inappropriate conduct of driving instructors. We have been given the following information to help to safeguard those accessing driving lessons:
https://www.gov.uk/learn-to-drive-a-car
https://www.gov.uk/find-driving-schools-and-lessons (all instructors on the list will have had a DBS check and passed all the qualification tests to become an instructor)
https://www.gov.uk/complain-about-a-driving-instructor

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Mental Health resources for students

YOUNGMiNDS
fighting for young people's mental health

Young Minds Crisis Messenger - 24/7 free support via text. Text YM to 85258.
https://www.youngminds.org.uk/

YOUTH ACCESS

Information about local counselling and advice services - www.youthaccess.org.uk

THE MIX

The Mix. Email support via online contact form. Free 1:1 webchat service available. Free short term counselling service available. Phone 0808 808 4994. Open 4pm - 11pm 7 days a week.
https://www.themix.org.uk/

shout
85258

Free, confidential, 24/7 text messaging support service for anyone who is struggling to cope.
https://giveusashout.org/

Online mental health and wellbeing community.
https://www.kooth.com/

https://switchboard.lgbt/ Switchboard is the national LGBTQIA+ support line. For anyone, anywhere in the country, at any point in their journey. We can discuss anything related to sexuality and gender identity. Whether it's sexual health, relationships or just the way you're feeling. This is your space – to explore, talk and be truly heard.

Useful mental health Apps for students

SAM - Anxiety management

HeadSpace - Meditation & Sleep

HEADSPACE

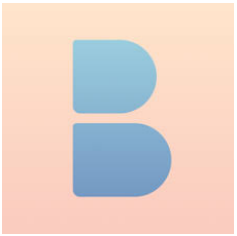
Calm harm - Calm Harm is a free app to help teenagers manage the urge to self-harm.

Clear Fear - learn to reduce the physical responses to threat as well as changing thoughts and behaviours and releasing emotions.

CLEAR FEAR

'Breethe' - Meditation/Anxiety

Stay Alive
The Stay Alive app, developed by Grassroots Suicide Prevention, is a suicide prevention resource for the UK, packed full of useful information and tools to help you stay safe in crisis. You can use it if you are having thoughts of suicide or if you are

	concerned about someone else who may be considering suicide. 

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