



SUPPORT FOR  
WELL-BEING

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## Aims

- Promoting good health - physical and emotional
- Making support accessible
- Improved health = fewer sick days = higher achievement

# What is well-being?

- Well-being is feeling emotionally good and physically fit
- Well being is feeling happy within oneself
- Good well-being will help you to maintain positive relationships and enjoy your life

# Support available at Rednock

- Student centred
- Individualised to need

## Who to approach:

- Tutor / Class teacher
- Community Support Officer – Dining Hall
- Community Leaders – Room 128
- School Nurse – Drop In – Friday lunchtimes – Room 107
- Sexual Health Drop In – Thursday lunchtimes – Room 107

# What happens next?

There are lots of people available to help!

We will assess your needs and find the right person to help you!

This may be:

- Support from Community Support Officer
- Support from Community Leader
- Referral to support groups
- Referral to LINK
- Referral to School nurse / School counsellor
- Referral to outside agencies
- Signposting to external support

# Services available

- Mentoring
- Support groups:
  - breakfast/lunch clubs
  - social skills
  - anger management
- Mediation
- Support from LINK
- Counselling
- School nurse drop-in session & referrals
- Sexual health drop-in session

# School Nurse Drop In, Room 107 Fridays 1.00 – 2.00pm

- Healthy lifestyle advice
- Relationship/emotional problems/self-harm
- Mental health issues
- Advice on diet & exercise
- Advice re smoking/alcohol/drugs
- Tips on asthma /diabetes control
- Any symptoms that are concerning you

# Sexual Health Drop In, Room 107

## Thursdays 1.00 – 2.00pm

- Advice on sexual health & relationships
- Advice on contraception
- Emergency contraception
- STI testing
- Pregnancy tests
- Other areas of sexual health can be discussed



# Confidentiality for drop-ins

- Confidentiality will be maintained unless it could result in danger to yourself or others.
- Everything is discussed on a one to one basis.
- If you wish us to contact your parents/carers that can be done.
- You will be encouraged to allow us to share this information with your GP and /or parents/carers.
- We may advise you that it is in your best interests for us to drop a note to your GP if we have prescribed medication for you, but we will only do this with your consent - the reasons for this is purely for your own safety.
- Without your consent your GP will not know that you have accessed our service.



Finally - remember – there is  
always someone who can  
help!