

Who are your trusted adults in school?



Westhoughton
HIGH SCHOOL

What do they do?

**Make you feel safe • Listen carefully
Believe what you say • Help you solve problems
Keep you safe when things feel hard**



Your Form Teacher



A member of Support Staff



A member of SLT



Your SSL or SPL



Any Teacher

Speak to a trusted adult with any worries or concerns you have.

Trusted Adults in School

Where can I find help - out of school?

When you are not in school there are lots of ways you can still access help & support.

The Parallel (Adolescent Health & 360 Substance Misuse Service)
Lever Chambers Centre for Health
27 Ashburner Street,
Bolton, BL1 1SQ
Tel: 01204 462444
(Mon-Fri 8.30am-4.30pm)



www.kooth.com



ONLINE, ON THE PHONE, ANYTIME
childline.org.uk | 0800 1111

www.samaritans.org
Talk to us on the phone whatever you're going through, call us free any time, from any phone, on 116 123.



Mental Health Charity with free support guides – Ele-friends is also an online chat community to text through issues and chat about any concerns.
<https://www.mind.org.uk/for-young-people>



Mrs Unsworth



Mrs Arstall



Ms Uehlein



Mrs Torrance



Miss Beattie



Miss Taylor

If you need help in an emergency or you are in danger you should call 999.

WHS Safeguarding Team