

## SUPPORT SERVICES FOR STUDENTS AT BOURNE GRAMMAR SCHOOL

Welcome to the support services page for students at Bourne Grammar School. Our aim is to offer information on a wide range of challenges our students might encounter.

**Students are encouraged to speak to any member of staff at school if they are worried about anything,** but they may also wish to explore relevant resources below.

If you have a safeguarding concern, please contact Mrs Ford on 01778 422288 option 2 or email: [pastoral@bourne-grammar.lincs.sch.uk](mailto:pastoral@bourne-grammar.lincs.sch.uk) and they will be able to direct your concern to our Designated Safeguarding Lead or our Deputy Designated Safeguarding Leads. If your concern is regarding a child being in immediate danger, please call the Police (999).

### **Bourne Grammar School's Designated Safeguarding Lead is:**

Mr M A Brunker (Deputy Headteacher, Pastoral)

Please see the School's Safeguarding policy for further contacts and information by clicking [here](#).

### **ANXIETY**

Feeling uneasy or worried is common, but when it becomes overwhelming, it's essential to get support.

**Anxiety UK:** Offers resources and support. [Visit their website](#) or call 03444 775 774.

**Healthy Minds:** Provides support for stress, depression, and anxiety. [Visit their website](#).

**Kooth:** Mental health support for young people. [Visit their website](#).

### **BULLYING**

Bullying is repeated, aggressive behaviour intended to hurt another individual, either physically or mentally. It can be overt, like physical attacks, or subtler, like spreading rumours. No one should have to endure being bullied. Understanding it can be the first step to addressing and preventing it.

**Bullying UK:** Offers advice for children, parents, and schools. [Visit their website](#) or call their helpline at 0808 800 2222.

**Anti-Bullying Alliance:** A coalition of organisations and individuals united against bullying. [Visit their website](#) for resources and support.

**Kidscape:** Provides practical support to prevent bullying and protect young lives. [Visit their website](#) or call 020 7730 3300.

### **COUNTY LINES**

County lines is when criminal gangs exploit children and young people to move and sell drugs in different areas across the UK. These gangs often use intimidation, threats, and violence, grooming youngsters to commit crimes far from home, leaving them isolated and at risk.

**NSPCC:** Call 0808 800 5000 or [visit their website](#).

**Fearless.org:** Offers non-judgemental advice and information. [Visit Fearless.org](#).

## DEPRESSION

A mood disorder causing persistent feelings of sadness and a lack of interest in activities.

**Mind:** Provides advice and support. [Visit their website](#) or call 0300 123 3393.

**Young Minds:** Text "YM" to 85258 or [visit their website](#).

**Samaritans:** For anyone having a difficult time [visit their website](#).

## DISABILITIES

Support for students with physical or learning disabilities.

**Scope:** Provides support and information. [Visit their website](#) or call 0808 800 3333.

**Disability Rights UK:** Offers guidance and resources. [Visit their website](#).

## DOMESTIC ABUSE

Controlling, bullying, threatening, or violent behaviour between people in a relationship.

**National Domestic Abuse Helpline:** Call 0808 2000 247 or [visit their website](#).

**Refuge:** Offers safe housing and support. [Visit their website](#).

## EATING DISORDERS

Serious mental health conditions affecting eating habits and body image.

**BEAT:** [Visit their website](#) or call 0808 801 0677.

## FEMALE GENITAL MUTILATION

Illegal and harmful removal or injury to female genital organs.

**NHS:** [Visit NHS UK](#).

## GRIEF

Navigating the profound emotions and challenges that arise from the loss of a loved one or significant life event can be an overwhelming journey.

**Winston's Wish:** Provides support for grieving children. [Visit their website](#) or call 08088 020 021.

**Cruse Bereavement Care:** Offers guidance and support. [Visit their website](#).

## **LGBTQ+ Support**

Understanding and expressing individual identity within the diverse spectrum of sexual orientations and gender identities can come with its own set of unique challenges and experiences. Finding supportive resources and communities that champion and empathise with LGBTQ+ individuals is vital.

**Mermaids:** Support for gender diverse and transgender youth. [Visit Mermaids UK](#).

**LGBT Switchboard:** Call 0300 330 0630, available 10am to 10pm.

## **ONLINE SAFETY**

Keeping yourself safe online.

**Internet Matters:** Offers guidance for young people online. [Visit Internet Matters](#).

**Childnet International:** Helps make the internet a safe space for children. [Visit their website](#).

## **RACISM**

Discrimination or prejudice based on race is not tolerated and can significantly affect mental and emotional well-being.

**Stand Against Racism & Inequality (SARI):** Offers support. [Visit their website](#) or call 0117 942 0060.

**Show Racism the Red Card:** Educational resources and support. [Visit their website](#).

## **RELATIONSHIPS**

Building healthy relationships, whether romantic, friendly, or familial, is a cornerstone of well-being. Recognising the signs of a toxic or abusive relationship and understanding the principles of trust, respect, and communication are essential for fostering positive connections.

**Relate:** The UK's largest provider of relationship support, offering advice for every kind of relationship. Learn more at [Relate's website](#).

**The Mix:** Provides judgment-free information and support for under 25s on everything from breakups to setting boundaries. Explore more [here](#).

## **SELF-HARM**

Self-harm refers to when someone intentionally hurts themselves as a way of dealing with overwhelming emotions or situations.

**Young Minds:** Need urgent help? Text "YM" to 85258 or [visit their website](#) for resources.

**Youthscape:** An organisation focused on the well-being of young people, providing resources and insights into self-harm and mental health. Dive deeper at [Youthscape's website](#).

**Calm Harm App:** A dedicated app designed to help resist or manage the urge to self-harm, offering tasks to help users ride the wave of distress. [Download here](#).

**Childline:** Comprehensive support on various concerns, including self-harm. Reach out at 0800 1111 or [visit their website](#).

## SEXUAL HARASSMENT AND ASSAULT

Sexual harassment and assault encompass unwelcome or unwanted sexual advances, comments, or acts. They can range from verbal remarks to physical actions and can occur both online and offline. It's essential to know what's okay and what's not, to trust your gut feeling, and to know where to turn for help if things don't feel right.

**NSPCC:** Call 0808 800 5000 or [visit their website](#).

**Police:** Dial 999 for emergencies. For non-emergencies, dial 101.

## SEXUAL HEALTH

Taking charge of your sexual health means being informed about your body, choices, and the risks associated with sexual activity. It's essential to understand the importance of consent, protection, and getting regular check-ups to ensure your well-being and that of your partners.

**Brook:** Offers free and confidential advice on sexual health and well-being for young people up to 25. Discover more at [Brook's website](#).

**NHS Sexual Health Services:** Provides information on a range of services, from contraception to STI testing. Get informed [here](#).

## SOCIAL SERVICES

**Lincolnshire Children's Social Care (LCSC):** Call 01522 782111. For out-of-office hours, contact the Emergency Duty Team at 01522 782333.

## SUBSTANCE ABUSE

Understanding and tackling drug and alcohol misuse.

**Talk to Frank:** Offers advice and information. [Visit their website](#).