



Further support for Pupils

This week's events have been upsetting for all of us on some scale. We will have read things online and in the media that will have had an impact on us. You might feel that you need some support and you might feel that you don't, but we have put some links together to signpost you to some help if you want it.

We know that you might feel sad or frustrated. You might feel scared, or not even know how to feel. You might not want this help now, but you might want it in future – it's ok to come back to it if you need to!

Some of the links may discuss bereavement, but they also discuss traumatic incidents, so it's worth having a read just in case it helps 😊

[bereavement-11-25.pdf](#)

[Trauma and PTSD | Signs and symptoms | YoungMinds](#)

[Moving Forward After Traumatic Experiences - Trusted Youth Allies](#)

Want to talk?

Speak to an adult at home who can help you navigate how you are feeling – they may not have had the same experiences as you, but they will want to help.

Speak to your Head of House who can signpost you to support in School. We have drop-in sessions with our mental health team every breaktime and with the School Nurse on Mondays at lunchtime.

[Useful contacts for support - for 11-18 year olds | Mind](#)

Base 25 (based in Wolverhampton City Centre) also offer a drop-in service to their wellbeing hub: [Wellbeing Hub – Base 25](#) (a referral is not needed for this service).

Remember – our Mental Health top tips can help us here too – remembering to be active, connect with others, give, keep learning and take notice can have a positive impact on our emotional wellbeing when we aren't feeling ourselves.