

Meet the Team



Mr Chance - Deputy
Headteacher, DSL



It's OK to get help



Mrs Thomas - Senior
Leadership for Learning
Pastoral, Mental Health
First Aider



Mrs Dunn - Head of Student Services, DDSL



Mrs J Fleeman -
SENCo



Mrs Hands -
ELSA, Mental
Health First Aider



Monica Gibbs -
School Counsellor



Mrs Brenton



Mrs Millard



Mrs Chandler

Student Services Officers, Mental Health First Aiders

Opening Hours
8.00am—4pm
Monday to Friday

Useful links to more support:

Self help websites

Thecalmzone.org.uk

Lifesigns.org.uk

www.moodjuice.scot.nhs.uk

www.anxietybc.com

Childline

0800 1111 Childline.org.uk

Help, support and advice on the phone or via the internet

Kooth.com

Online counselling service. Kooth.com. Any child can log on and speak to a trained counsellor until 10pm at night

www.stem4.org.uk/calmharm

Stem4 is a teenage mental health charity aimed at improving teenage mental health by stemming commonly occurring mental health issues at an early stage

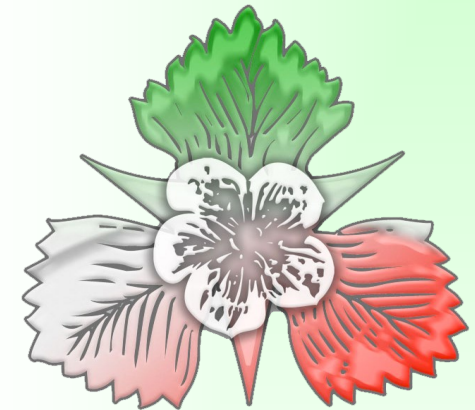
www.samaritans.org or call 116 123

Whatever you are going through a Samaritan will face it with you. 24hrs a day 365 days of the year.

Wildern School

Wildern Lane, Hedge End, Southampton,
Hants. SO30 4EJ 01489 783473

WILDERN SCHOOL



Student Mental Health Menu

'Every Mind Matters, Every Person Counts'

AcSEED[™]
Emotional Wellbeing in Schools and Colleges

