

Support we can offer you

Mindfulness Course



This is run by Miss Wisdom, if you are interested in this please let Miss Winstanley know.

Yoga Sessions



This is run by a qualified yoga instructor and will take place after school.

Talking Therapies



Kooth is an online service that is free for pupils to access.

<https://kooth.com/>

You can also access support for you from the following websites:

<https://www.kentcht.nhs.uk/service/school-health/> and

<https://www.cxk.org/services/emotional-wellbeing-counselling/>

You can do the referral yourself, with the help of a member of staff or with your parent/guardian.

Mental Health Resources



These are available online from <https://www.mind.org.uk/>

Or <http://www.headstartkent.org.uk/>