



Welcome to the Test Valley Student Support Newsletter. At Test Valley School you are never on your own, there is always someone here to help and to listen, no matter how big or small you think your problem is. As well as your tutor and year leader, there is the pastoral support team. Lots of external agencies, which I have listed below, with hyperlinks to their website, also offer support. I would recommend KOOOTH as a great self help website. Kooth have magazines, discussion boards and chats with their online counsellors. You can also look at the Wellbeing section on the website for more links to support. [Test Valley School - Wellbeing](#)

EXTERNAL SUPPORT



Solent

Tool kits, resources and more



Call or visit the website for a wide range of support



Support for child abuse



Call to talk about anything you need



Supporting young people with their mental health



Free confidential advice and counseling



Local support with LGBTQ+

TEXT SHOUT 85258

You can text 85258 any time day or night, your messages are confidential and anonymous, and it is free. There is a lot of information on their website but you can ask for help with anything from abuse, bullying, anxiety and stress, depression grief, loneliness and self harm .



ONLINE SUPPORT



Just some of the things you'll find on Kooth



PHYSICAL AND MENTAL HEALTH

Click here to watch this video clip to get more of an understanding of how to help your own wellbeing and mental health



Are you worried about something, either for yourself or a friend, use this QR code to report your concern and someone will come and talk to you or your friend to offer some support.



