

SAFEGUARDING NEWSLETTER

March 2025



Suzanne Fletcher

Designated Safeguarding Lead



Darren Fletcher

Deputy Designated Safeguarding Lead



Daniel Bowman

Deputy Designated Safeguarding Lead

HELLO FROM THE SAFEGUARDING TEAM

In this Issue of the parents/carers safeguarding newsletter, we will be looking at mental health and support that is available both within and outside of college.

WHAT IS MENTAL HEALTH?

Mental health is about how we think, feel and act. Just like physical health: everybody has it and we need to take care of it.

If you have poor mental health, you might find that the way you're thinking, feeling or acting becomes difficult to cope with. You might not enjoy things you used to like doing. You might feel sad or angry for a longer time than usual. Or you might feel like you can't control how you feel or behave.

What mental health problems commonly occur in young people?

Some of the mental health problems that can affect young people are:

- Depression
- Self-harm
- Generalised Anxiety Disorder
- Eating Disorders
- Post-traumatic Stress Disorder (PTSD)

YOUNG MINDS

Young Minds is a national charity that works to improve the emotional wellbeing and mental health of all children and young people.

Young Minds offer advice to parents and carers who are concerned about their child's mental health up to the age of 25. Helpline: call free on **0808 802 5544** 9.30 - 4.00, Mon - Fri.

MENTAL HEALTH & WELLBEING POLICY

Here at Fir Tree College, we have a Learner Mental Health and Well-being Policy. The Policy aims to develop and maintain good mental health, identify issues early, provide support and help learners to access specialist support where appropriate.

FIR TREE COLLEGE COUNSELLOR

At college, we have the services of a fully trained counsellor.

Our counsellor is available on alternate Tuesdays and Wednesdays for any student or parent to see. To make an appointment with the counsellor, please speak to Suzanne on 01257 251502.

The counsellor offers a safe and confidential environment for issues to be explored.

Additional Information

If you are concerned about the mental health of a young person that you care for or wish to discuss support available then please get in touch with the college Mental Health Lead:

Suzanne Fletcher tel: **01257 251502** or email

Suzanne@firtreecollege.com

Pastoral Support

All learners have the opportunity to access pastoral support with our Pastoral Support Officer Jane Parrott.

Jane can be contacted via email: Jane@firtreecollege.com or telephone 01257 251502.

Curriculum

All learners take part in lessons that aim to develop an understanding of mental health and also actions that can be taken to maintain and develop good mental health.



URGENT HELP

If urgent help is needed or you need help in a crisis:

- Text the Young Minds Crisis Messenger for free 24/7 support across the UK if you are experiencing a mental health crisis.
- If you need urgent help, text **SHOUT** to **85258**.
- All texts are answered by trained volunteers, with support from experienced clinical supervisors.
- Texts are free from EE, O2, Vodafone, 3, Virgin Mobile, BT Mobile, GiffGaff, Tesco Mobile and Telecom Plus.

YOUNGMINDS

NHS HELP

If you need help for a mental health crisis or emergency, you should get immediate expert advice and assessment.

[Get help from 111 online](#) or call **111** and select the mental health option.

111 will tell you the right place to get help. You may be able to speak to a trained mental health professional over the phone.



Shout 85258

If you are struggling to cope and need to talk, trained Shout Volunteers are available for you day or night.

Shout 85258 is a free, confidential, anonymous text support service. You can text from wherever you are in the UK.



Samaritans

Call 116 123 to talk to the Samaritans on the phone or email jo@samaritans.org for a reply within 24 hours.

SAMARITANS

Contact Us

Please feel free to contact the college at any point if you have concerns, worries or if you need further advice.

Tel: **01257 251502**

Email: suzanne@firtreecic.co.uk

Website: www.firtreecic.co.uk

