



The Sittingbourne School

# i-THRIVE

Kooth

GP

EWT

CAMHS Online Advice

Shout

STEM4

BEAT

Young Minds

Child's Vision

Alumina

Kent Youth

School Wellbeing Team

Childline

Year Team Pastoral Support Managers

Thrive

Calm Harm

FRANK

Chat Health

Moodspark

Sleep Station

Head of Year

Headspace

School Counsellor

Mind and Body

Papyrus

NELFT

Samaritans

Single Point of Access

Doctor/A&E/999

Childline

Kooth

Youth Clubs

After School Activities

Check ins/ Drop ins

Wellbeing Questionnaire

Assemblies

Safe Spaces

Archery

Mental Health

First Aiders in School

ECO School/Gardening

Student Voice

School Productions

School ethos/inclusivity

Mental Health and Wellbeing Trust SIP

Resilience Conversation

1-1 Session with Mental Health Lead

Mentor

Mindfulness

Pastoral Support

Wellbeing Pass

Communication Cards

SEN

5 Minute Early Pass

Anxiety Pack

Time Out

Safe Space

EBSA

Break/Lunch Pass

Friendship Groups

EWT

Social Skills

School Health

Salus

Be You

Holding On Letting Go

Team Building Activities

Nacoa

CYPMHS/CHUMS

NELFT 1-1 Sessions or Group Work

Eating Disorder Clinic

Psychologist

Ed Psych

## Thriving