



Kind

Ambitious

Determined

Headteacher: Mr G Green

## Wellbeing in Fakenham Sixth Form

### Welcome to Fakenham Sixth Form!

Life at Fakenham Sixth Form can be amazingly fulfilling and there can be lots of fun along the way. At the same time, we know that everyone might find it tough at points, and that some of us may face particularly difficult challenges along the way.

As part of the process of living and working independently, you will find that tough times could arise both inside and outside of Fakenham Sixth Form. We encourage you to look out for each other's mental health and to take care of your own mental wellbeing.

Developing resilience and wellbeing is one of the great opportunities of Fakenham Sixth Form life!

### Staying Mentally Healthy

Whilst loads of different factors influence our wellbeing, there are things we can do which make a huge difference.

- Be active - go for a walk, go cycling or play tennis
- Connect - connect with the people around you: friends, family, other students. Spend time developing these relationships.
- Be mindful - take notice of the present moment, including your feelings, thoughts and the world around you. It can positively change the way you feel and how you approach challenges.
- Focus - focus on the present and the facts, not on what might happen.
- Give to others - a smile, a thank you, a kind word or larger acts such as volunteering can all improve mental wellbeing.
- Keep learning - learning new skills provides a sense of achievement and confidence. Learn how to fix your bike, how to sew or take up a new hobby.
- Eat well - eat at regular times and make sure you have a balanced diet including fruit and vegetables. Your body and brain need fuel to function, so make sure you are providing it with everything needed to deliver the best outcome.

At Fakenham Sixth Form we have a dedicated wellbeing and pastoral coordinator, Mrs Marshall, who is available for drop-ins and 1-1 meetings. She works directly with students who wish to engage with guidance for their emotional wellbeing. If further support is required, Mrs Marshall can complete referrals to external services. She is also the trained Designated Safeguarding Lead in Fakenham Sixth Form.

Mrs Marshall can be contacted at [smarshall@fakenhamacademy.org](mailto:smarshall@fakenhamacademy.org)



### Places to find help and support

Below is a list of organisations you can contact if you need immediate help, ongoing support or further information about mental health.

[Young Minds](#) They provide support to young people to look after their mental health.  
[youngminds.org.uk](http://youngminds.org.uk)

[The Mix](#) Provides a range of support services and information for under 25's.  
[themix.org.uk](http://themix.org.uk)

[NHS Young People's Mental Health Services](#) Support and information on a range of mental health issues which affect young people. [nhs.uk/mental-health](http://nhs.uk/mental-health)

[Kooth](#) Online mental wellbeing support. [Kooth.com](http://Kooth.com)

[Samaritans](#) 24 hour support line. **Call 116 123**

[Childline](#) Online and telephone support service. **Call 0800 11 11**

[Norfolk Police](#) **In an emergency contact 999**

**Other useful services include the following,**

[Terrence Higgins Trust](#) Support and advice on sexual health. **Call 0808 802 1221**

[Matthew Project](#) Support for people affected by drug and alcohol misuse.  
**Call 07797 800 966**

[The Harbour Centre](#) Practical help and support for those who have been sexually assaulted or raped. **Call 01603 276381**

[Beat](#) Eating disorder support and information. **Call 0808 801 0677**

[Cruse](#) Bereavement support service. **Call 0808 808 1677**

[Nelson's Journey](#) Bereavement counselling service for children and young people.

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