

It can be difficult growing up and a teenager, and just as difficult trying to raise one. Here are some links to some websites below you may find useful. They offer information, support and case studies from people who have experience of whatever you might currently be facing.

If you do have concerns and would like some support from us as a school please contact one of the pastoral team who will be happy to advise and support you as best we can.

KS4 Director of Learning – Miss Carli Sutton

c.sutton@cavendish.herts.sch.uk

Learning Welfare officer Year 10 – Miss Roome

j.roome@cavendish.herts.sch.uk

Learning Welfare officer Year 11 – Mrs Lorraine Tomlinson

l.tomlinson@cavendish.herts.sch.uk

You can also call 01442 404333 and asked to be put through to the relevant person.

Self Harm

<https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/self-harm/>

Mental Health

<https://www.mind.org.uk/>

Eating Disorders

<https://www.mind.org.uk/information-support/types-of-mental-health-problems/eating-problems/#.WSgO7ruYbIV>

Child Bereavement

<https://childbereavementuk.org/>

CEOP – Parent/Carer

<https://www.thinkuknow.co.uk/parents/>

CEOP – 13+

https://www.thinkuknow.co.uk/14_plus/

CEOP – 11-13

https://www.thinkuknow.co.uk/11_13/

ADASH

<http://www.talktofrank.com/treatment-centre/dash-adolescent-drug-alcohol-service-hertfordshire>

Signpost Counselling Service

<http://signpostcounselling.co.uk/>