

Our Wellbeing Partnerships

At The Hollyfield School and Sixth Form Centre, we believe that looking after our mental health is just as important as looking after our academic progress. That's why we've partnered with two trusted organisations to give every student access to high-quality support, whenever they need it.

Bounce Together

We're proud to be working in partnership with **Bounce Together**, an organisation dedicated to supporting the mental health and emotional wellbeing of young people.

What this means for you:

- Access to resources and tools designed specifically to help you build resilience and manage everyday challenges
- Support that complements the pastoral care already available in school
- A focus on prevention and early support — helping you build healthy habits before small worries become big ones
- Staff who are trained and equipped to spot signs that someone might need extra support

Stop Breathe Think — Online Counselling

We've also partnered with **Stop Breathe Think** to offer students access to professional online counselling support.

What this means for you:

- Confidential, one-to-one, online counselling with qualified professionals
- Support that's flexible and accessible — you don't have to wait for a face-to-face appointment
- A safe, judgement-free space to talk through anything that's on your mind, big or small
- Help for a wide range of things — friendships, family, stress, anxiety, low mood, or just needing someone to listen

Why We've Chosen These Partnerships

No one should have to struggle alone. By working with Bounce Together and Stop Breathe Think, we're making sure that support is available in different ways, for different needs — because everyone's wellbeing journey looks different.

If you ever need support, please speak to:

- Your Form Tutor
- Your Head of Year
- Your Student Support Officer
- Director of Student Wellbeing - Mrs Ridgers



Need Help Right Now?

If you're struggling and need to talk to someone **urgently**, please don't wait:

Need	Who to contact
Immediate danger	Call 999
Urgent mental health crisis	Samaritans — 116 123 (free, 24/7)
Text support (can't talk out loud?)	Text SHOUT to 85258 (free, 24/7)
Under 19 and need someone to talk to	Childline — 0800 1111
At school right now	Find a trusted adult, your Form Tutor, or Head of Year immediately

You will never be in trouble for asking for help. Ever.