

Bradford
Grammar
School

Specialist Wellbeing
Support Offer

bradfordgrammar.com
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BGS Specialist Wellbeing Support

At BGS, we want our pupils to grow into confident, happy, and responsible young adults who can thrive and make a positive difference in the world.

While pastoral care through form tutors, Heads of Year, and School Nurses is always available to support this, sometimes extra help is needed.

In these instances, the pupil, or their parent or Head of Year, can request specialist wellbeing support. Pupils complete an initial wellbeing questionnaire that enables the Pastoral Team to tailor the help to their needs.

Junior School referrals are managed by Miss Hughes.

Appointments are discreet, held weekly during school hours, and designed to minimise disruption to learning.



How our Support Works

We offer a tiered approach, matching the level of support to the pupil's needs:

Tier 1 (Senior): Wellbeing Coaching

Group sessions delivered by Foundation Mental Health to build resilience, confidence, and coping strategies.

Tier 2 (Senior): Youth Worker Support

One-to-one support delivered by youth workers to improve emotional wellbeing through developing strategies to manage everyday challenges and build healthier patterns of thinking and behaviour.

Tier 3 (Junior and Senior): Peaces

Specialist one-to-one therapy for students whose mental health is significantly affecting daily life, and/or relationships. Delivered by clinicians and psychotherapists using evidence-based approaches (including CBT and counselling) with a family support worker offering sessions for pupils and parents/carers. Play therapy is also available for Junior School pupils.

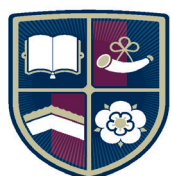


What to Expect

- Pupil to complete an initial wellbeing questionnaire.
- Parental permission sought for referral.
- Referral form, completed by Head of Year, to be shared with the practitioner.
- Pupils and/or parents agree to a code of conduct with the practitioner.
- Initial support usually involves 6–10 sessions, reviewed and extended if needed.
- All sessions are confidential within the limits of safeguarding. Information may be shared on a need-to-know basis in line with our safeguarding policy.



Who to contact



**Bradford
Grammar
School**

- Jessica Watson, Assistant Head (Pastoral).
JW@bradfordgrammar.com
- Felicity Hughes, Junior School Deputy Head,
Designated Safeguarding Lead.
FH@bradfordgrammar.com
- Guido Bowen, Pastoral and Safeguarding Officer.
GBowen@bradfordgrammar.com

Bradford Grammar School

Senior School
01274 542492
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External Wellbeing Services:

Kooth - An online counselling and emotional well-being platform for children and young people, accessible through mobile, tablet and desktop and free at the point of use. Online counsellors available 365 days a year until 10pm every night. You just need to self-register for the service. Email www.kooth.com or contact 0845 330 7090.

Brew project - Offers free emotional wellbeing support to children and young people aged 5-17. Wellbeing practitioners offer non-judgemental, confidential support sessions via telephone, video call or walk and talk sessions within 48 hours of referral. You can self-refer to The Brew Project by calling on 01422 730015 or email support@invictuswellbeing.com

Campaign Against Living Miserably (CALM)
- Provides support in crisis through free, confidential support. Call 0800 58 58 58. Webchat <https://www.thecalmzone.net/help/get-help/> Available daily, 5pm to midnight.

Papyrus - Provide confidential support and advice to young people (under the age of 35) struggling with thoughts of suicide, and anyone worried about a young person. Call 0800 068 4141. Available daily, 9am to midnight.

Samaritans - Provide confidential support for people experiencing feelings of distress or despair. Call 116 123 Email jo@samaritans.org (response within 24 hours) Available 24/7.

Shout - Provides support in crisis through free, confidential support. Text SHOUT to 85258. Available 24/7.

SOS - Provides support in crisis through free, confidential support. Call 0300 1020 505 Available daily, 8am - midnight

Safer spaces - We offer urgent same-day support for anyone aged seven and over. If you are experiencing severe anxiety, panic attacks, suicidal thoughts, intense feelings of depression or dissociation, we offer same day appointments, drop-in support and overnight stay for young people. We also arrange transport to and from our clinics. If you need urgent support today, call First Response: 08009 521 181 Open 24 Hours or Guide-Line: 08001 884 884 8:00am-Midnight.

FRS – 0800 952 1181

Night owls - West Yorkshire Night OWLS is a confidential support line for children, young people, their parents and carers who live in Bradford, Leeds, Calderdale, Kirklees and Wakefield. You can contact the service between 8pm–8am every day by calling Freephone 0800 1488 244 or texting 07984 376950 or chat online.