

Well-Being Contact Details



If you are worried or concerned, **PLEASE** talk to a member of staff.

A problem shared is a problem halved!

Alternatively there are many organisations that can offer support:



TALK TO US

If things are getting to you

116 123 FREE
This number is FREE to call round the clock

SAMARITANS

First for wellbeing

Offer support with:

Weight management, emotional wellbeing, smoking, alcohol, housing support, employment & adult learning, financial support, social inclusion and more.

Phone us: 0300 126 5000 (Mon to Fri, 8am - 6pm)

If you would like to speak to a member of the clergy please speak to Mrs Dodds or Mrs Robinson who will be happy to arrange this or contact them directly.



More handy contacts:

⇒ Cruse Bereavement Care
Tel: 07772 428532 9am - 5pm Mon-Fri.
Email: northamptonshire@cruse.org.uk

⇒ Citizens Advice Bureau
Tel: 03444 889 629

⇒ Re:Store Food Bank
Tel: 01604 328046



If you are experiencing domestic abuse, you don't have to suffer alone. Northamptonshire Sunflower Centre can provide you with advice and support to enable you to achieve safety.

If someone you know is suffering abuse, encourage them to access support, now:



Call: 01604 888211

Email: SunflowerCentre@northants.pnn.police.uk

Opening times: Monday to Friday 8am to 6pm.

Education Support Partnership

A FREE confidential helpline for school employees and their immediate family members. The service offers support for challenges such as:

- Family matters and relationships
- Drugs and alcohol
- Stress
- Work

Free confidential helpline
08000 562 561

If you have a complaint about a member of staff, please contact the Head Teacher.

Head@thegoodshepherd.northants-ecl.gov.uk

If the complaint is about the Head Teacher, contact the Chair of Governors, Catherine McCarron via the clerk.

Clerk@STCCAT.org