

Dear Sixth Formers

I wanted to make you aware of the new self-referral service CAMHS is offering to young people who are needing support with their mental health. Over 16s can self-refer (ie, no need to go through a doctor or any other professional) via this link: camhsdorset.org/

If you are over 18, you can self-refer to Steps2Wellbeing: www.steps2wellbeing.co.uk/

Of course, if you want to talk about any aspects of your mental health, or any challenges you are experiencing, you are welcome to email your pastoral manager to request an appointment.

If you have problems with your subjects or school in general, please email your head of year.

If you have a medical issue you'd like to discuss, you can email our school nurse for an appointment:
ChristyTonks@fernup.dorset.sch.uk

"Healing takes time, and asking for help is a courageous step."