

Wellbeing Bulletin

SPRING 2025

As the days grow longer and hopefully warmer, many of us experience a lift in mood, feeling more capable of taking on the world. However, for some, this lift of mood in others can intensify feelings of loneliness, purposelessness and detachment from those around them.

If you feel alone, unsure of which way to turn, are dealing with a break up, medical worries, financial concerns, the bereavement of a loved one (including a pet), or simply find each day a struggle, there are apps, websites and helplines available to offer support.

No matter how big or small you feel the problem is, help is out there. Reach out.

You are important and you DO matter.

TALKWORKS
IMPROVING YOUR MENTAL AND PHYSICAL WELLBEING

0300 555 3344

TALKWORKS is a free, confidential, NHS talking therapy service helping you to feel better and giving you the tools and techniques to improve your mental and physical wellbeing.

[TALKWORKS.dpt.nhs.uk](https://talkworks.dpt.nhs.uk)

In-school support:

School Counsellor: Monday

School Chaplaincy Service: Thursday

Devon Child and Family Services : by referral through Head of Year

Drop-in sessions with Mental Health Lead: Break 1 every day, or booked 1:1 lunchtime session

Young Carers Drop-In: Monday lunchtime

Drawing and Talking - support sessions with Mental Health Lead: Timetabled

Students can self-refer to any of the above through Tutors or Heads of Year

turn 2US Tackling financial insecurity together.



Pet Bereavement Support Service

At a Loss.org

Helping **bereaved** people find **support**



Transforming mental health outcomes for young people.

