

I am having
trouble
Sleeping

My friends
are being
mean to me

My parents
are always
arguing

I am really
worried
about...

I get really angry and
I don't know why?

The contact details below
can be used if you are wor-
ried, scared or in danger and
need someone to talk to.

CHILDLINE

Childline.org.uk
Telephone 0800 1111

POLICE

101 Non emergency
999 Emergency

Domestic Violence Helpline

0808 2000 247

Youngminds

youngminds.org.uk
0808 802 5544

WHISPER BUTTON

Available on the school
website

**Welcome to the
LiNC**

**Weobley High
School**

**EMOTIONAL
WELLBEING**

**The Learning Inclusion
Centre**

What is the LInC?

The LInC is an important part of Weobley High school and is available to **EVERY** student

You can find the LInC is on the blue corridor near the Library



Mrs Davies
The LInC Manager

Email: LInC@weobleyhigh.co.uk

What does the LInC offer?

There are lots and lots of reasons why students visit the LInC, some problems are sorted in one visit others may take a few sessions.

- ◆ Anger management
- ◆ Anxiety and worries
- ◆ Self esteem
- ◆ Self harm
- ◆ Friendship issues
- ◆ Emotional wellbeing

You can speak to Mrs Davies in confidence but if she is worried about your safety she will have to talk to another person about it, but she will always tell you.

If Mrs Davies can't help you she will find someone who can.

How do I access the LInC?

Mrs Davies can nearly always be found in the LInC or out on duty at break and lunch. If you would like to speak to her or make an appointment to see her there are a few ways to do that.

- ⇒ Visit the LInC. You can bring a friend along for support.
- ⇒ Speak to Mrs Davies when she is on duty.
- ⇒ If you don't feel brave enough to walk in, ask your form tutor to make you an appointment or speak to them first.
- ⇒ Send her an email . This can be useful if you have been to see Mrs Davies and she is busy or not there.
- ⇒ Mr Jones is often in the LInC, he will help you arrange a time to see Mrs Davies.

IMPORTANT

You must not come out of lessons to visit the LInC unless you have an appointment or leave it until the end of break or lunch to see Mrs Davies
