

# SAFE SPACE ONLINE

## ○ WHAT IS IT?

- A space you can go if you need a moment to vent or just be.
- If you would like to speak about Mental Health and wellbeing.
- If you are struggling in the current lockdown and want to talk to someone.
- If you need advice about Mental Health and wellbeing.

## ○ HOW?

- Go to SHARP on the schools homepage and leave a message.  
<https://central.thesharpsystem.com/option.php>
- You can also get to it by going to 'About us' then safeguarding.
- If appropriate, Mrs Harrigan will call you and then send a 'Teams' invite to meet online.
- Remember to put your full name and form class.

