

Challney High School for Girls

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Headteacher: Mrs J K Mylles BA (Hons), MEd, NPQH



Senior Leadership Team Contacts:

Name	Delegation	Email
Mrs Joanne Mylles	Headteacher	head@challneygirls.luton.sch.uk
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Safeguarding Team Contacts:

Miss Nicola Ponsonby	Designated Safeguarding Lead (DSL)	nponsonby@challneygirls.luton.sch.uk
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Miss Jackie Daniel	Year 10 DSL	jdaniel@challneygirls.luton.sch.uk
Mrs Maniza Tahir	Year 11 DSL	mtahir@challneygirls.luton.sch.uk




Outside Agency Contacts:


Agency	Contact Number	Email
MASH (Multi-agency Safeguarding Hub)	01582-547653	mash@luton.gcsx.gov.uk
Luton Safeguarding Children's Board (LSCB)	01582-547624	lutonlscb@luton.gov.uk
CAMHS (Child & Adolescent Mental Health Services)	01582-708140	Website- https://camhs.elft.nhs.uk/
Young Minds	Parents Helpline 0808 802 5544	Youngminds.org.uk
Chums	01525 863924	info@chums.uk.com Website www.chums.uk.com
Youthscape/Level Trust	Jane Malcolm 07530 006914	www.youthscape/LutonYFCRG

Apps to support well-being and mental health: students have this in their learning kit


Worried about Mental Health...there's an app for that!



Wellhappy - app contains more than a thousand local support services for mental health, sexual health and substance misuse.




Calm Harm - is an app that helps with self-harm. Find strategies on this app to help you cope with your frustrations, without hurting yourself.




Tootoot - is an app and online platform providing 24-hour support to young people who are victims of bullying and online abuse. It gives you an alternative way to disclose your concerns when you are unable to do so face-to-face.




Mindshift - is an app designed to help teens and young adults cope with anxiety.




SAM - Self-help for Anxiety Management is an app for tracking and controlling worry, anxiety and associated unpleasant physical sensations.



Headspace - is a meditation app to help you feel less stressed and to sleep better.



Wellmind - is an NHS app and gives advice and tips on how to improve mental health and wellbeing. Functions to help monitor moods, get crisis help and use relaxation audio tracks.



For me - is the brand new way to get advice and support on loads of topics - from issues that can play a big part in everyone's life, like school and exam stress, through to extremely personal issues. They also offer online counselling on this app.

You can download these apps on your phone/tablets and they are all completely free!

Make use of the resources available to help you 😊