



*Confidential Online Counselling Service for YHS Students

During this strange period of uncertainty, we at YHS realise the



current situation may cause our young people to feel more anxious, isolated and worried than usual.



That is why we have decided to develop an online counselling service, where you can share your thoughts and concerns in a safe confidential environment with school staff who are equipped to listen, support and answer your questions and signpost you to the right kind of help.

If you are struggling with anxiety, stress, feelings of low-mood etc. you can contact one of the key people in school below.

n.reid@yorkhighschool.co.uk

j.womack@yorkhighschool.co.uk

k.barker@yorkhighschool.co.uk

*Please remember this service is confidential, however if there is a safeguarding concern we may need signpost to an adult who can help you.