

Humphrey Perkins School Student Support

Love4Life:

- Positive self-worth
- Body image
- Emotions
- Resilience
- Relationships and friendships
- 1-1 sessions

Teen Health:

- Group work/workshops/ 1-1
- Friendships
- Transition to secondary school
- sexual health
- Confidence
- Self-esteem
- Exam stress
- Drugs/alcohol
- Staying healthy and safe

Relate:

- Issues with parents
- Bereavement
- Issues in school
- 1-1 counselling (higher level support)

LCFC Inspire:

- Confidence
- Self esteem
- Wellbeing
- Raise attainment, employability and aspiration