

If you urgently need to contact a psychologist

If you feel that you are in need of immediate services, please look below for different possibilities for help:

The General Practitioner

Contact the GP. If the GP is not present during the weekend or after working hours, please call 112.

If you are struggling with suicidal thoughts, please contact 0800-0113.

Information about the Psychology Service at the School

The ES Bergen has employed a psychologist on a part-time basis. The psychologist is part of our Care Team. As her time is limited, she has only been appointed to support the management and the teachers with her expertise in the mental well-being of the students. If you have any concerns or worries about the well-being of your child in the school, the main contact is the class teacher, and/or the Deputy Director or Assistant Deputy Director.

What could the Psychologist mean for an individual secondary student?

The secondary students can make an individual appointment with the psychologist directly via email (email address is posted on the notice board in school entrance hall), the class teacher, the support coordinator

The psychologist at the school will decide to refer the student for external support in the event of:

- Addiction problems, eating disorders or self-harm / auto-mutilation
- When the complaints are considered as urgent and/or serious; for example, recurrent thoughts of suicide, In6.6 (frTf-0.4 108 dch7g92g/C/ (f6.6)u)2.3 5.05 Tw3 w1.728 0 TTc 0 T6 (5Tc 0.005 a.6 (u.2 ()11 (e)-3