



Who to contact if you need support?

IN SCHOOL

If you need someone to talk with at school about how you are feeling you can speak to:

- your teacher;
- your Form Tutor;
- your Head of Year/Deputy Head of Year;
- Mrs Ford.

If you are concerned for your own safety, or someone else's, you can speak to any of the staff listed above, or one of the **Designated Safeguarding Leads: Mr Bruncker; Mrs Shales; Mr Chamberlain.**

AT HOME

If you need someone to talk with outside of school about how you are feeling you can speak to:

- a responsible adult such as a parent or other family member;
- or by getting in touch with one of the organisations below.

OTHER CONTACTS

Online mental wellbeing support: <https://www.kooth.com>

Mental health advice: <https://www.youngminds.org.uk>

Someone to talk to, regardless of the issue: free helpline 0800 1111 or access 1-to-1 counsellor chat and email here <https://www.childline.org.uk>

Support for anyone having a difficult time on 116 123 or via email to jo@samaritans.org. More info at <https://www.samaritans.org/>.

SHOUT: 24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere. Text 85258. <https://www.crisistextline.uk/>

CEOP: Report online abuse at <https://www.ceop.police.uk/safety-centre>

In an emergency: If you or someone you know is in immediate danger dial 999

OTHER RESOURCES

Mental Health advice during the COVID-19 pandemic:
<https://www.mentalhealth.org.uk/coronavirus/coping-coronavirus-guide-young-people>

A selection of self-care strategies that have been developed by young people to help manage their own wellbeing - <https://www.annafreud.org/on-my-mind/self-care/>

Teen Health Guide: https://issuu.com/healthguidepublishing/docs/thg_-_bgs