

Where can I find Support?

Remember:

We are right here to support and help you too. Don't hesitate to contact your Form Tutor, Head of School, Deputy Head of School, the Support Room, or any other trusted member of staff.

Childline

If you're under 19 you can confidentially chat online or email about any problem big or small. Sign up for a free Childline locker (real name or email address not needed) to use their free 1-2-1 counsellor chat or email support service.

Phone number: 0800 11 11

Kooth

Free, safe, and anonymous mental health wellbeing support.

Website: www.kooth.com

The Mix

Everything from homelessness to finding a job, from money to mental health. We're here providing support for under 25's.

Website: themix.org.uk

Phone Number: 0808 808 4994

Young Minds

"Whether you want to understand more about how you're feeling and find ways to feel better, we can help."

Website: youngminds.org.uk

Samaritans

A registered charity aimed at providing emotional support to anyone in emotional distress, struggling to cope or at risk of suicide.

Phone Number: 116 125

Website: samaritans.org.uk

Shout

Shout offers you free, 24/7 text messaging support wherever you are in the UK. If you need someone to talk to about how you're feeling or even feel as if you're in a crisis, text **SHOUT to 85258**