

## Student Wellbeing

**Who can you speak to in school about ANY issue?**

Teachers

Tutor







Head of









Pupil Support

1-2-1 Team

Safeguarding Team

**Where can I find additional support?**

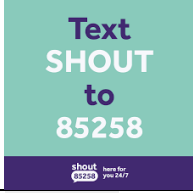



Support for:	With:	Website:	Phone:	APPS:
<b>Exam stress</b>	<b>YOUNGMINDS</b>	<a href="https://youngminds.org.uk/find-help/feelings-and-symptoms/exam-stress/">https://youngminds.org.uk/find-help/feelings-and-symptoms/exam-stress/</a>		HeadSpace 
<b>Anxiety</b>		<a href="https://www.anxietyuk.org.uk/">https://www.anxietyuk.org.uk/</a>  <a href="https://weheartcbt.com/anxiety">https://weheartcbt.com/anxiety</a>	03444 775 774	MindShift   CLEAR FEAR 
<b>Sleeping Difficulties</b>	<b>YOUNGMINDS</b>  <b>NHS</b>	<a href="https://youngminds.org.uk/find-help/feelings-and-symptoms/sleep-problems/">https://youngminds.org.uk/find-help/feelings-and-symptoms/sleep-problems/</a>  <a href="https://www.nhs.uk/live-well/sleep-and-tiredness/sleep-tips-for-teenagers/">https://www.nhs.uk/live-well/sleep-and-tiredness/sleep-tips-for-teenagers/</a>  <a href="https://pzizz.com/">https://pzizz.com/</a>  <a href="https://sleepcouncil.org.uk/">https://sleepcouncil.org.uk/</a>  <a href="https://teensleephub.org.uk">https://teensleephub.org.uk</a>		CALM   Pzizz 


<p><b>Bullying and Cyber bullying</b></p>	 <b>YOUNGMINDS</b> <b>NSPCC</b>	<p><a href="https://www.bullying.co.uk/">https://www.bullying.co.uk/</a></p> <p><a href="https://youngminds.org.uk/find-help/feelings-and-symptoms/bullying/">https://youngminds.org.uk/find-help/feelings-and-symptoms/bullying/</a></p> <p><a href="https://www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/bullying-and-cyberbullying/">https://www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/bullying-and-cyberbullying/</a></p>	<p>08088002222</p>	
<p><b>Body Image</b></p>	 <b>YOUNGMINDS</b>	<p><a href="https://www.childline.org.uk/info-advice/you-your-body/my-body/how-you-look/">https://www.childline.org.uk/info-advice/you-your-body/my-body/how-you-look/</a></p> <p><a href="https://youngminds.org.uk/find-help/feelings-and-symptoms/body-image/">https://youngminds.org.uk/find-help/feelings-and-symptoms/body-image/</a></p>		
<p><b>Healthy Relationships</b></p>	 	<p><a href="https://www.disrespectnobody.co.uk/">https://www.disrespectnobody.co.uk/</a></p> <p><a href="https://www.bishuk.com/">https://www.bishuk.com/</a></p>		
<p><b>Sexual Health</b></p>	 	<p><a href="https://www.brook.org.uk">https://www.brook.org.uk</a></p> <p><a href="https://www.bishuk.com/">https://www.bishuk.com/</a></p>		
<p><b>Gender and sexuality</b></p>	  	<p><a href="https://mermaidsuk.org.uk/about-us/">https://mermaidsuk.org.uk/about-us/</a></p> <p><a href="http://youngstonewall.org.uk">youngstonewall.org.uk</a></p> <p><a href="https://switchboard.lgbt/">https://switchboard.lgbt/</a></p>	<p>0344 334 0550</p> <p>0800 050 2020</p> <p>03003300630</p>	






<p><b>Racism and Racial Bullying</b></p>		<p><a href="https://www.childline.org.uk/info-advice/bullying-abuse-safety/crime-law/racism-racial-bullying/">https://www.childline.org.uk/info-advice/bullying-abuse-safety/crime-law/racism-racial-bullying/</a></p>	<p>0800 1111</p>	
<p><b>Self-harm/injury</b></p>	    	<p><a href="https://www.selfharm.co.uk/">https://www.selfharm.co.uk/</a></p> <p><a href="https://www.selfinjurysupport.org.uk/">https://www.selfinjurysupport.org.uk/</a></p> <p>CAHMS crisis line</p>	 <p><b>Text:</b> <b>07537432 444</b></p> <p>0800 953 1919</p>	<p>Calm Harm</p>   <p>distrACT 17+</p> 
<p><b>Suicidal thoughts</b></p>	   	<p><a href="https://www.papyrus-uk.org/">https://www.papyrus-uk.org/</a></p> <p><a href="http://www.samaritans.org">www.samaritans.org</a></p> <p>CAHMS crisis line</p>	<p>08000684141</p> <p>08457909090</p> <p>0800 953 1919</p>	 <p>#StayAlive</p>
<p><b>Eating Disorders</b></p>		<p><a href="https://www.beateatingdisorders.org.uk/">https://www.beateatingdisorders.org.uk/</a></p>	<p>0808 801 0711</p>	
<p><b>Bereavement</b></p>	    	<p><a href="https://www.winstonswish.org/">https://www.winstonswish.org/</a></p> <p><a href="https://www.griefencounter.org.uk/south-west/">https://www.griefencounter.org.uk/south-west/</a></p> <p><a href="https://www.hopeagain.org.uk/">https://www.hopeagain.org.uk/</a></p> <p><a href="https://www.cruse.org.uk/bristolcruse">https://www.cruse.org.uk/bristolcruse</a></p>	<p>0808802 0021</p> <p>0808802 0111</p> <p>0808 808 1677</p> <p>0808808 1677</p>	

Abuse		<a href="http://www.nspcc.org.uk">www.nspcc.org.uk</a>		
Drugs		<a href="https://www.talktofrank.com/">https://www.talktofrank.com/</a>	0300 123 6600	
Housing Support	 	<a href="https://centrepoint.org.uk/">https://centrepoint.org.uk/</a> <a href="https://england.shelter.org.uk/housing_advice/housing_for_young_people">https://england.shelter.org.uk/housing_advice/housing_for_young_people</a>	0808 800 0661  0808800 4444	
Young Careers		<a href="http://www.carerssupportcentre.org.uk/young-carers/">http://www.carerssupportcentre.org.uk/young-carers/</a>	0117 9652200	
Hearing Voices	 	<a href="https://www.meandmymind.nhs.uk/">https://www.meandmymind.nhs.uk/</a> <a href="http://www.voicecollective.co.uk/">http://www.voicecollective.co.uk/</a>	020 7911 0822	
FGM		<a href="https://www.forwarduk.org.uk/violence-against-women-and-girls/female-genital-mutilation/">https://www.forwarduk.org.uk/violence-against-women-and-girls/female-genital-mutilation/</a> <a href="https://www.forwarduk.org.uk/wp-content/uploads/2017/07/Information-Support-and-Services-Guide.pdf">https://www.forwarduk.org.uk/wp-content/uploads/2017/07/Information-Support-and-Services-Guide.pdf</a>	0783416 8141	
Violence and Abuse		<a href="https://www.bava.org.uk/">https://www.bava.org.uk/</a>		
LGBT+ Anti-violence		<a href="https://www.galop.org.uk/">https://www.galop.org.uk/</a>	020 7704 2040	

<b>Sexual Abuse</b>	 safeline believe in you	<a href="https://www.safeline.org.uk/">https://www.safeline.org.uk/</a>	0808 800 5007	
	 VS VICTIM SUPPORT	<a href="https://www.victimsupport.org.uk/">https://www.victimsupport.org.uk/</a>	0800 123 6600	
<b>Domestic Violence</b>	 THE HIDEOUT UNTIL CHILDREN AND YOUNG PEOPLE ARE SAFE	<a href="http://thehideout.org.uk/children/home/">http://thehideout.org.uk/children/home/</a>		
	 Refuge For women and children. Against domestic violence.	<a href="http://refuge.org.uk">refuge.org.uk</a>	0808 200 0247	

<b>General Support for wellbeing</b>	<b>Website:</b>	<b>Phone:</b>	<b>Instagram:</b>
<b>Give Us a Shout</b>	<a href="https://giveusashout.org/">https://giveusashout.org/</a>	Text SHOUT to 85258 	 giveusashoutinsta 391 Posts 58.8 k Followers 261 Following Shout 85258 Anxious? Worried? Stressed? Text SHOUT to 85258 for free 24/7 support in the UK. Page can't provide support. Page monitored Mon-Fri, 9am-5pm. linktr.ee/Shout85258
<b>Young Minds</b>	<a href="https://youngminds.org.uk/">https://youngminds.org.uk/</a>	Parents Helpline: 0808 802 5544 85258 (crisis messenger service, text YM)	 youngmindsuk 1,083 Posts 120 k Followers 1,080 Following YoungMindsUK We are the UK's leading mental health charity for young people 🧠💪 linktr.ee/youngmindsuk
<b>Health for Teens</b>	<a href="https://www.healthforteens.co.uk/">https://www.healthforteens.co.uk/</a>		 health_forteens HEALTH TEENS 556 Posts 355 Followers 3 Following Health For Teens Brand Award-winning Health for Teens website by Leicestershire Partnership NHS Trust - see videos, take quizzes and get 'just the facts' about your health. www.healthforteens.co.uk/

<b>Mind</b>	<a href="https://www.mind.org.uk/information-support/for-children-and-young-people/">https://www.mind.org.uk/information-support/for-children-and-young-people/</a>		 <p>mindcharity</p> <p>796 Posts 366 k Followers 84 Following</p> <p>Mind We're Mind, the mental health charity. We're here to make sure no one has to face a mental health problem alone. linktr.ee/MindCharity</p>
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Counselling support:	Website:	Phone:	Instagram:
<b>Kooth</b>	<a href="https://www.kooth.com/">https://www.kooth.com/</a>		 <p>kooth_uk</p> <p>175 Posts 4,463 Followers 355 Following</p> <p>Kooth Free, safe, anonymous support for young people on kooth.com We can't provide emotional support on DMs. If you need urgent support or more info head <a href="https://bit.ly/3aGVrdI">bit.ly/3aGVrdI</a></p>
<b>Off The Record</b>	<a href="https://www.otrbristol.org.uk/">https://www.otrbristol.org.uk/</a>	0808 808 9120	 <p>talkotr</p> <p>298 Posts 762 Followers 81 Following</p> <p>Off The Record Free counselling and friendly support for young people including carers and refugees in Croydon, Merton &amp; Sutton. Talk To Us, Off the Record. linkin.bio/talkotr</p>
<b>Childline</b>	<a href="https://www.childline.org.uk/">https://www.childline.org.uk/</a>	0800 1111	 <p>childline_official</p> <p>1,210 Posts 40.9 k Followers 1 Following</p> <p>Childline Nonprofit Organization is here for you. We can't provide counselling here and the times you can contact has temporarily changed due to COVID. Find out more and get support: www.childline.org.uk/update</p>
<b>The Mix</b>	<a href="https://www.themix.org.uk/">https://www.themix.org.uk/</a>	0808 808 4994	 <p>themixuk</p> <p>941 Posts 41.3 k Followers 863 Following</p> <p>The Mix Nonprofit Organization Here to help you take on any challenge you're facing. Whether you're 13, 25, or in between, we're the UK's leading support service for young people. linktr.ee/TheMixUK</p>
<b>LOTTY</b>	<a href="https://www.lpw.org.uk/CONTACT/">https://www.lpw.org.uk/CONTACT/</a>	07786 20 20 40	 <p>lottybristol</p> <p>395 Posts 472 Followers 1,685 Following</p> <p>LOTTY LOTTY is a free live chat and texting support service to young people ages 11 - 25 years old. We are here to listen and not to tell 😊 www.lpw.org.uk/contact/lotty/ LPW House, Bristol, United Kingdom</p>

<p><b>Mee Too</b></p>	<p><a href="https://www.meetoo.help/">https://www.meetoo.help/</a></p>		 <p>meetoo_helps</p> <p>216 Posts   5,315 Followers   403 Following</p> <p><b>MeeToo</b> Health &amp; Wellness Website Worried? Confused? Curious? MeeToo is a supportive, anonymous app to share your problems &amp; use your experiences to help others. Free, safe, effective. <a href="http://www.meetoo.help/">www.meetoo.help/</a></p>
<p><b>The Bridge Foundation</b></p>	<p><a href="https://www.bridgefoundation.org.uk/">https://www.bridgefoundation.org.uk/</a></p>	<p>0117 842 4510</p>	