



Support for children and young people



Top Tips

- Stay healthy by talking things through
- Talk to a parent first if possible
- Use the links below if you need to

A message from your teachers

There are times when we all might need to talk to someone who we can trust to help us get through a different moment in our life. Usually, our parents or our teachers are the ones you would turn to first. However, whilst school is closed, your teachers are not there for you to talk to like they normally are so it is important you know who else, apart from your parents, who you can turn to. These links and phone numbers are ones we have checked-out so would be good to use if you needed them. If you have older brothers or sisters or other family members who might find them useful, please share with them too.



KEY CONTACTS

Childline www.childline.org.uk

Comforts, advises and protects children 24 hours a day and offers free confidential counselling. Phone 0800 1111 (24 hours) Chat 1-2-1 with a counsellor online

Kooth www.kooth.com

*A problem
shared, is a*

An online counselling and emotional well-being platform for children and young people, accessible through mobile, tablet and desktop and free to access

problem halved.



Young minds www.youngminds.org.uk

Advice and information about young people's mental health including information on

It's good to talk

CAMHS and what the next steps to seeking support are.



LGBT Stonewall www.youngstonewall.org.uk

The UK charity for gay, lesbian, bisexual and transgender people and their allies. They offer information, advice. Phone 08000 50 20 20

B-eat www.beateatingdisorders.org.uk

The UK's eating disorder charity. They have online support groups and a helpline for anyone under 18. Phone 0345 634 7650 (4pm – 10pm 365 days a year) Email fyp@b-eat.co.uk

The Mix www.themix.org.uk

Information, support and listening on everything for young people. 0808 808 4994 (24 hours), get lots of support online

Drugs and alcohol Frank www.talktofrank.com

Confidential information and advice about drugs and substance abuse, whether it's for you or someone else. 0800 776