

SEXUAL HEALTH

Stonewall.org - Support for the LGBT+ community

Switchboard.lgbt - A safe place to discuss gender and identity

Forward.org.uk - Advice and support for FGM

What to say...?

"Hello, I wanted to talk about..."

"Hi, I'm worried about..."

"Do you have any advice about..."

IN SCHOOL...

Speak to:
Your tutor
The Pastoral Team
Any trusted adult!

FAMILY SUPPORT

thechildrenssociety.org.uk - Free emotional support and advice service

Barnardo's - A charity for helping young people feel happier and supported.

Coram.org.uk - Support and opportunities for children and families.

What to say...?

"I don't know how to deal with..."

"I need some help with..."

MENTAL HEALTH

URGENT - The NHS, call 111

Childline.org.uk - Support for all kinds of concerns for young people

Samaritans - Call 116 123 to talk to someone who'll listen.

What to say...?

"I've been having really negative thoughts"

"I'm really struggling with..."

NEED SUPPORT?

PHYSICAL HEALTH

Need immediate help? Go to the closest A&E, St Cross Hospital, CV22 5PX

Or call 999, ask for an Ambulance, and try to describe your location.

Download the app *What3Words*, or visit *what3words.com* to find a quick way of pinpointing your location.

What to say...?

"I need an ambulance for..."

STRESS AND ANXIETY

SHOUT - Free, confidential support for any young person - text SHOUT to 85258

The Mix - Counselling and links to other charities; 24/7 hotline 0808 808 4994

What to say...?

"I'm stressed about... and I don't know what to do."

"I'm worried about..."

AT HOME...

Speak to:
Your parents / guardians,
other trusted adults.
Any of the charities
listed here...

ABUSE AND THREATS

Call 999 and ask for the Police.

Download the app What3Words, or visit what3words.com for your location.

NSPCC.org.uk - A charity for the prevention of cruelty to children

What to say...?

"I've been threatened by..."

"I need some help with..."

"I'm scared about..."

