

OUT OF SCHOOL SUPPORT

Students

Please bear in mind that staff emails may not be replied to out of school working hours.

In case you feel you need some support on a day when school is closed and therefore the Safeguarding team is not available, take a look at the below.

If you are feeling low or unsafe, it is important you talk to someone you trust and let them know how you feel. Sometimes it can be difficult to talk to friends and family so here are some other places you can contact instead:

Childline – 0800 1111

Samaritans – 116 123

Hopeline – 0800 068 4141

NSPCC – 0808 800 5000

www.nspcc.org.uk (concerned about a friend and their safety in the home)

www.selfharmuk.org (if someone you know / or you is concerned about self harm)

www.youngminds.org.uk (mental health concerns of any nature)

www.kooth.com (for anonymous emotional wellbeing support)

www.papyrus.org (if you / or someone you care for has suicidal thoughts)

If it is an emergency and the safety of a person is at risk call 999