

Other support

Find self-harm support groups and many other support lines with advice about mental and physical health at <https://www.themix.org>



Visit www.KOOTH.com
Online counselling for young people up to age 25. You can access this from home on your computer or phone.

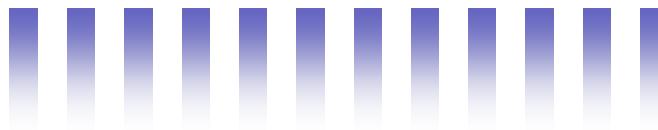


College VLE

Be healthy – Stay safe section

Counselling, Mental Health & Wellbeing

Self help materials, websites, help lines and much more that you can access at home.



Student Mentor Contact Numbers

Monday - Friday 9am - 5pm

The student mentors will be taking annual leave during the summer at times so if you cannot reach your mentor please ring one of the other

numbers and they will be able to help you.

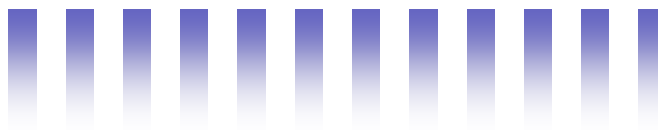
Debbie Wood - 07719542710

Steve Parsons - 07719542705

Dave Ferguson - 07719542712

Robert Moreland - 07719542679

Caroline Eyre - 07719542674 (9am-4pm)



Safeguarding
or
Mental Health
Difficulties

Advice
Practical Support
Resources
Information
Help in a crisis

Safeguarding

If you are, or you believe that another child or adult may be a victim of neglect, abuse or cruelty call:

Children's Safeguarding

Tel: 01522 782111

Adults Safeguarding -

Tel: 01522 782155

or 01522 782333 (outside office hours)

You do not need to know everything about the situation. You may just be worried or feel that something is not right.

If you believe that a crime has been committed and there is an immediate risk of danger, call the police on 999 or 112.

Mental Health

Contact Steps 2 Change

Tel: 0303 123 4000

To access NHS support for mental health difficulties or do an online referral at <https://www.lpft.nhs.uk/steps2change/home>



If you feeling suicidal or you think you may harm yourself -

Telephone 111 to get urgent support

Child Line – Tel: 0800 1111
Samaritans – Tel: 116 123

St. Barnabas Bereavement

Support Helpline

Tel: 0300 3031897

9am-5pm Mon-Fri

Extended to 8pm on Monday and Wednesday

You can talk to a trained counsellor about your feelings of loss

YoungMinds Crisis Messenger

Free 24/7 crisis support if you are experiencing a mental health crisis. If you need urgent help text YM to 85258.

Texts are free from EE, O2, Vodafone, 3, Virgin Mobile, BT Mobile, GiffGaff, Tesco Mobile and Telecom Plus