**Who can help?**

We know that not coming to school every day can be hard – we feel it too.

You’ll find information about how to manage your time and keep your brains busy and healthy on the school website in the support for young people section of the school website here <https://www.ephs.ealing.sch.uk/can-we-help.html>

Here are some links to some other organisations who provide support and advice and on the next page some top tips for managing online activity safely.

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Source of support | Childline | NSPCC | KU19 | Kooth | Samaritans | Shout | Young Minds | Papyrus Hopeline | Free2bAlliance  (LGBTQ+) |
| What they offer | Information and advice for young people up to the age of 18 on a range of topics, including bullying, home and families, feelings, friendships and mental health. Someone to talk to on the phone or online. | NSPCC works to protect children and prevent child abuse. It can be physical, sexual, emotional, neglect. It can be over time or a one off incident. | Sexual health and Contraceptive support. A nurse will speak to you to discuss your situation and offer you an appointment, if possible. | Free, safe and anonymous advice for young people. | Whatever you're going through, a Samaritan will face it with you. They are available 24 hours a day, 365 days a year | It is powered by a team of Crisis Volunteers, who are at the heart of the service. Anyone who needs immediate support can connect with the service by texting the word BlueBook to 85258. | Expert information about a range of mental and emotional health issues affecting young people, a parents helpline, and a messaging service for young people in crisis. Top tips for improving / protecting our mental health. | A helpline and text messaging service for young people who are having suicidal thoughts or feelings. | Charity offering specialist advice for Lesbian, Gay, Bisexual, Transgender, Questioning + students and parents (including mentors /support groups). |
| When to use this service | If you have questions that you are worried about asking someone or if you are struggling and need someone confidential to talk to. | Contact the NSPCC if you are worried that a child is at risk, that could be you or someone else. | Young people aged under 19 needing sexual health services. | If you need someone/counsellors to talk to about your well-being. | Suicide prevention for all age groups | Stress, anxiety, worry. | If you are a young person who is worried about your own or your friend's mental health. If you are a parent who is worried about their child’s mental health. | Suicide prevention for young people (under 25) | If you identify as LGBTQ+ or are questioning your sexuality or gender. If you have a child who identifies as LGBTQ+ and would like to make contact with other parents . |
| Contact details | By phone  0800 1111 By email – by setting up a locker on the website https://www.childline.org.uk/ | 0800 1111  [help@nspcc.org.uk](mailto:help@nspcc.org.uk) | Tel.0208 549 6323  Text.07781 488019  [ku19@kpct.nhs.uk](mailto:ku19@kpct.nhs.uk) | <https://www.kooth.com> | <https://samaritans.org>  116 123 | Text Bluebook to 85258  <https://www.giveusashout.org/> | Crisis Messenger: Text YM to 85258 Free 24/7 support youngminds.org.uk Young Minds Parents Helpline 0808 802 5544 | Phone: 0800 068 4141 Text: 07786209697 papyrus.org.uk | <https://free2b-alliance.org.uk/> |

**Staying safe online**

<https://www.thinkuknow.co.uk/> This is brilliant collection of information but also includes a get **help** now feature which you can use if something unsafe is happening.

