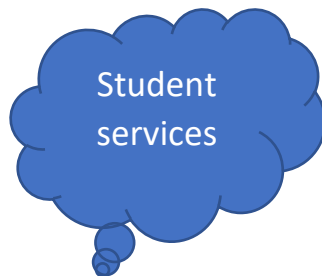


























Student wellbeing







Who can I speak to in school about ANY issues?








Support for:	With:	Website:	Phone:	Instagram/ APP:
Abuse		www.nspcc.org.uk	0808 800 5000	
Alcohol	 	https://youngminds.org.uk/find-help/looking-after-yourself/drugs-and-alcohol https://www.al-anonuk.org.uk/alateen/		 
Anxiety		www.anxietyuk.org.uk	Helpline: 03444775774 Text support: 07537416905	 Clear fear 

Bereavement		www.winstonswish.org.uk  www.treehousewiltshire.org.uk	0808 808 1677	
Body image		www.childline.org.uk/info-advice/you-your-body/my-body/how-you-look/ https://youngminds.org.uk/find-help/feelings-and-symptoms/body-image/		
Bullying and cyberbullying		www.bullying.co.uk/ https://youngminds.org.uk/find-help/feelings-and-symptoms/bullying/ www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/bullying-and-cyberbullying/	0808 800 2222	
Depression		www.studentsagainstdepression.org		Move mood  MOVE MOOD
Disability		https://www.scope.org.uk		
Domestic violence		https://thehideout.org.uk/ www.refuge.org.uk	0808 200 0247	
Drugs		www.talktofrank.com/	0300 123 6600	
Eating disorders		www.beateatingdisorders.org.uk/	0808 801 0711	
Exam stress		https://youngminds.org.uk/find-help/feelings-and-symptoms/exam-stress/		Headspace 
FGM		www.forwarduk.org.uk		

Gender and sexuality		https://mermaidsuk.org.uk/about-us/ www.stonewall.org.uk	0344 334 0550	
Healthy relationships		www.disrespectnobody.co.uk/		
Hearing voices		www.meandmymind.nhs.uk/		
Housing support		https://centrepoint.org.uk/ https://england.shelter.org.uk/housing_advice/housing_for_young_people	0808 800 0661	
OCD		https://youngminds.org.uk/find-help/conditions/ocd		
Racism and racial bullying		www.childline.org.uk/info-advice/bullying-abuse-safety/crime-law/racism-racial-bullying/	0800 1111	
Self-harm/injury		www.selfharm.co.uk/ www.selfinjurysupport.org.uk	Text 07537432444	Calm Harm  Bluelce 
Sexual abuse		www.safeline.org.uk/	0808 800 5007	
Sexual health		www.brook.org.uk		
Sleeping difficulties		https://youngminds.org.uk/find-help/feelings-and-symptoms/sleep-problems/ www.nhs.uk/live-well/sleep-and-tiredness/sleep-tips-for-teenagers/		Calm 

Smoking		www.nhs.uk/live-well/quit-smoking/quitting-smoking-under-18s-guide/		
Suicidal thoughts	 	www.papyrus-uk.org/ www.samaritans.org	0800 068 4141 116 123	distrACT 
TICs and Tourette's		www.tourettes-action.org.uk	0300 777 8427	
Young carers		www.carerssupportcentre.org.uk/young-carers		

General support for wellbeing	Website:	Phone	Instagram/App
Charlie Waller Memorial Trust	https://charliewaller.org		
Give us a shout	https://giveusashout.org/	Text SHOUT to 85258	
Health for Teens	www.healthforteens.co.uk/		
Mind	www.mind.org.uk/information-support/for-children-and-young-people/		
Young Minds	https://youngminds.org.uk	Text YM to 85258	Combined Minds 

Counselling support	Website	Phone	Instagram/App
Childline	www.childline.org.uk	0800 1111	
Mee Too	www.meetoo.help/		
Snow Camp	www.snow-camp.org.uk/stopthinkbreathe	Text BREATHE to 85258	
Talk zone	www.relate.org.uk		
The Mix	www.themix.org.uk	0808 808 4994	Age of consent  Stressheads 
Youth Access	www.youthaccess.org.uk		