

# Student wellbeing

Who can I speak to in school about ANY issues?

Teachers

Tutor

Student  
services

SPL

School  
counsellor

| Support for: | With:                                                                                                                                                                                                     | Website:                                                                                                                                                                                                                                                                                                                               | Phone:                                                     | Instagram/ APP:                                                                                                                                                              |
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| Abuse        |                                                                                                                          | <a href="http://www.nspcc.org.uk">www.nspcc.org.uk</a><br><a href="#">Childline   Free counselling service for kids and young people   Childline</a>                                                                                                                                                                                   | Childline<br>0800 1111                                     |                                                                                           |
| Alcohol      | <br><br>Drinkline<br>Alcohol Helpline | <a href="https://youngminds.org.uk/find-help/looking-after-yourself/drugs-and-alcohol">https://youngminds.org.uk/find-help/looking-after-yourself/drugs-and-alcohol</a><br><a href="https://www.al-anonuk.org.uk/alateen/">https://www.al-anonuk.org.uk/alateen/</a><br><a href="http://www.drinkaware.co.uk">www.drinkaware.co.uk</a> | 0207 0895050<br>0207 5932070<br>0300 1231110               | <br> |
| Anxiety      |                                                                                                                        | <a href="http://www.anxietyuk.org.uk">www.anxietyuk.org.uk</a>                                                                                                                                                                                                                                                                         | Helpline:<br>03444 775774<br>Text support:<br>07537 416905 | Mindshift<br><br>Clear fear                                                             |

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| <b>Bereavement</b>                | <br><br> | <a href="http://www.winstonswish.org">www.winstonswish.org</a><br><a href="http://www.treehousewiltshire.org.uk">www.treehousewiltshire.org.uk</a><br><a href="#">Children, young people and grief - Cruse Bereavement Support</a>                                                                                                                                                                                                                     | 0808 802 0021<br>01793 987105<br>0808 808 1677 |    |
| <b>Body image</b>                 | <br>                                                                                      | <a href="http://www.childline.org.uk/info-advice/you-your-body/my-body/how-you-look/">www.childline.org.uk/info-advice/you-your-body/my-body/how-you-look/</a><br><a href="https://youngminds.org.uk/find-help/feelings-and-symptoms/body-image/">https://youngminds.org.uk/find-help/feelings-and-symptoms/body-image/</a>                                                                                                                            | 0800 1111<br>020 7089 5050                     |    |
| <b>Bullying and cyberbullying</b> | <br><br> | <a href="https://www.nationalbullyinghelpline.co.uk/">https://www.nationalbullyinghelpline.co.uk/</a><br><a href="https://youngminds.org.uk/find-help/feelings-and-symptoms/bullying/">https://youngminds.org.uk/find-help/feelings-and-symptoms/bullying/</a><br><a href="http://www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/bullying-and-cyberbullying/">www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/bullying-and-cyberbullying/</a> | 0300 323 0169<br>0207 089 5050<br>0800 1111    |    |
| <b>Depression</b>                 |                                                                                                                                                                           | <a href="http://www.studentsagainstdepression.org">www.studentsagainstdepression.org</a><br><a href="#">Five Self-Care Tips for Depression   Young Person Blog   YoungMinds</a><br><a href="https://charliewaller.org/mental-health-resources">https://charliewaller.org/mental-health-resources</a>                                                                                                                                                   | 01635 869754<br>0207 089 5050                  |  |
| <b>Disability</b>                 |                                                                                                                                                                          | <a href="https://www.scope.org.uk">https://www.scope.org.uk</a>                                                                                                                                                                                                                                                                                                                                                                                        | 0808 800 3333                                  |  |
| <b>Domestic violence</b>          |                                                                                                                                                                          | <a href="https://thehideout.org.uk/">https://thehideout.org.uk/</a><br><a href="http://www.refuge.org.uk">www.refuge.org.uk</a>                                                                                                                                                                                                                                                                                                                        | 0808 200 0247                                  |  |

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| Drugs                      |                                                                                           | <a href="http://www.talktofrank.com/">www.talktofrank.com/</a>                                                                                                                                                                         | 0300 123 6600                      |                                                                                       |
| Eating disorders           | <br>    | <a href="http://www.beateatingdisorders.org.uk/">www.beateatingdisorders.org.uk/</a><br><br><a href="#">First Steps ED   Eating Disorder Support &amp; Recovery Charity</a>                                                            | 0808 801 0677                      |    |
| Exam stress                | <br>    | <a href="https://youngminds.org.uk/find-help/feelings-and-symptoms/exam-stress/">https://youngminds.org.uk/find-help/feelings-and-symptoms/exam-stress/</a><br><br><a href="#">Exam stress - Student Minds</a>                         | 0207 089 5050                      |    |
| FGM                        |                                                                                          | <a href="http://www.forwarduk.org.uk">www.forwarduk.org.uk</a>                                                                                                                                                                         | 0208 9604000                       |                                                                                       |
| Gender and sexuality       | <br>    | <a href="https://www.theprouddtrust.org/">https://www.theprouddtrust.org/</a><br><br><a href="http://www.stonewall.org.uk">www.stonewall.org.uk</a>                                                                                    | 0161 6603347<br><br>0800 0119 100  |    |
| Housing support            | <br>    | <a href="https://centrepoin.org.uk/">https://centrepoin.org.uk/</a><br><br><a href="https://england.shelter.org.uk/housing_advice/housing_for_young_people">https://england.shelter.org.uk/housing_advice/housing_for_young_people</a> | 0808 800 0661<br><br>0808 800 4444 |                                                                                       |
| Neurodiversity             | <br> | <a href="#">Help &amp; Resources - ADHD Foundation</a><br><br><a href="#">Contact - The Donaldson Trust</a>                                                                                                                            | 0151 541 9020<br><br>01506 841 900 |                                                                                       |
| OCD                        |                                                                                        | <a href="https://youngminds.org.uk/find-help/conditions/ocd">https://youngminds.org.uk/find-help/conditions/ocd</a>                                                                                                                    | 0207 089 5050                      |  |
| Racism and racial bullying |                                                                                        | <a href="http://www.childline.org.uk/info-advice/bullying-abuse-safety/crime-law/racism-racial-bullying/">www.childline.org.uk/info-advice/bullying-abuse-safety/crime-law/racism-racial-bullying/</a>                                 | 0800 1111                          |  |

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| Self-harm/injury      | <br> | <a href="http://www.selfharm.co.uk/">www.selfharm.co.uk/</a><br><br><a href="http://www.selfinjurysupport.org.uk">www.selfinjurysupport.org.uk</a>                | Text<br>07537432444<br><br>0808 800 8088             | Calm Harm<br><br>Bluelce<br> |
| Sexual abuse          |                                                                                      | <a href="http://www.safeline.org.uk/">www.safeline.org.uk/</a>                                                                                                    | 0808 800 5007                                        |                                                                                                                 |
| Sexual health         |                                                                                      | <a href="http://www.brook.org.uk">www.brook.org.uk</a>                                                                                                            | Bristol<br><a href="tel:01179290090">01179290090</a> |                                                                                                                                                                                                    |
| Sleeping difficulties |                                                                                      | <a href="https://youngminds.org.uk/find-help/feelings-and-symptoms/sleep-problems/">https://youngminds.org.uk/find-help/feelings-and-symptoms/sleep-problems/</a> | 0207 089 5050                                        | Calm<br>                                                                                                        |
| Smoking               |                                                                                      | <a href="http://www.nhs.uk/live-well/quit-smoking/quitting-smoking-under-18s-guide/">www.nhs.uk/live-well/quit-smoking/quitting-smoking-under-18s-guide/</a>      |                                                      |                                                                                                                                                                                                    |
| Suicidal thoughts     |                                                                                      | <a href="http://www.samaritans.org">www.samaritans.org</a>                                                                                                        | 116 123                                              | distrACT<br>                                                                                                    |
| TICs and Tourette's   |                                                                                     | <a href="http://www.tourettes-action.org.uk">www.tourettes-action.org.uk</a>                                                                                      | 0300 777 8427                                        |                                                                                                                |
| Young carers          |                                                                                                                                                                       | <a href="http://www.carerssupportcentre.org.uk/young-carers">www.carerssupportcentre.org.uk/young-carers</a>                                                      | 0117 965 2200                                        |                                                                                                                                                                                                    |

| General support for wellbeing | Website:                                                          | Phone | Instagram/App                                                                         |
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| Charlie Waller Memorial Trust | <a href="https://charliewaller.org">https://charliewaller.org</a> |       |  |

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| <b>Give us a shout</b>  | <a href="https://giveusashout.org/">https://giveusashout.org/</a>                                                                                          | Text SHOUT to 85258 |                     |
| <b>Health for Teens</b> | <a href="http://www.healthforteens.co.uk/">www.healthforteens.co.uk/</a>                                                                                   |                     |                    |
| <b>Mind</b>             | <a href="http://www.mind.org.uk/information-support/for-children-and-young-people/">www.mind.org.uk/information-support/for-children-and-young-people/</a> |                     |                    |
| <b>Young Minds</b>      | <a href="https://youngminds.org.uk">https://youngminds.org.uk</a>                                                                                          | Text YM to 85258    | Combined Minds<br> |

| <b>Counselling support</b> | <b>Website</b>                                                     | <b>Phone</b>  | <b>Instagram/App</b>                                                                                                                                                                                            |
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| <b>Childline</b>           | <a href="http://www.childline.org.uk">www.childline.org.uk</a>     | 0800 1111     |                                                                                                                              |
| <b>Mee Too</b>             | <a href="http://www.meetoo.help/">www.meetoo.help/</a>             |               |                                           |
| <b>Talk zone</b>           | <a href="http://www.relate.org.uk">www.relate.org.uk</a>           |               |                                                                                                                             |
| <b>The Mix</b>             | <a href="http://www.themix.org.uk">www.themix.org.uk</a>           | 0808 808 4994 | Age of consent<br><br>Stressheads<br> |
| <b>Youth Access</b>        | <a href="http://www.youthaccess.org.uk">www.youthaccess.org.uk</a> |               |                                                                                                                            |

