

WHERE CAN I GET HELP?

If you're worried or upset please don't suffer in silence. There are people at school who will listen, like your tutor, Head of House or the Student Support Team.

You can also get help online or by phone from these places...

Young Minds

<http://www.youngminds.org.uk/>

Samaritans

<http://www.samaritans.org/>

or 08457 90 90 90

Childline

www.childline.org.uk

0800 11 11

The Mix

<http://www.themix.org.uk/>

Macmillan

<https://www.macmillan.org.uk/>

NHS Young People's Health

<http://www.nhs.uk/Livewell/youth-mental-health/Pages/Youth-mental-health-help.aspx>