



**How to get help, advice and support
when you need it the most ...**

Safety Plan

In an Emergency:

☎ 999

999



If you or another young person is in immediate danger or is at risk of harm call the Police on 999

...NEVER DO NOTHING

ADVICE ABOUT ANYTHING THAT WORRIES YOU:



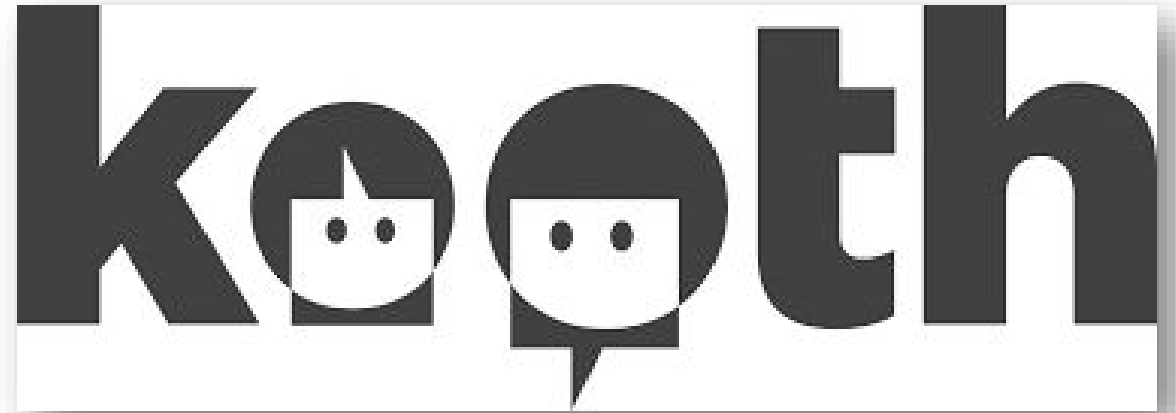
- ChildLine is for anyone aged under 18 years old
- You can talk with trained Counsellors by phone, email or online chat
- You can talk to ChildLine about any concerns or worries you may have
- Lots of useful information is available on their website

QUICK LINK: Google 'ChildLine'

SOURCE: www.childline.org.uk

MENTAL HEALTH:

www.kooth.com



- Helpful articles, personal experiences and tips from young people and our Kooth team.
- Start or join a conversation with our friendly Kooth community. Lots of topics to choose from!
- Chat to our helpful team about anything that's on your mind. Message us or have a live chat.
- Write in your own daily journal to track your feelings or emotions and reflect on how you're doing.

QUICK LINK: Google 'Kooth'

SOURCE: www.kooth.com

MENTAL HEALTH:

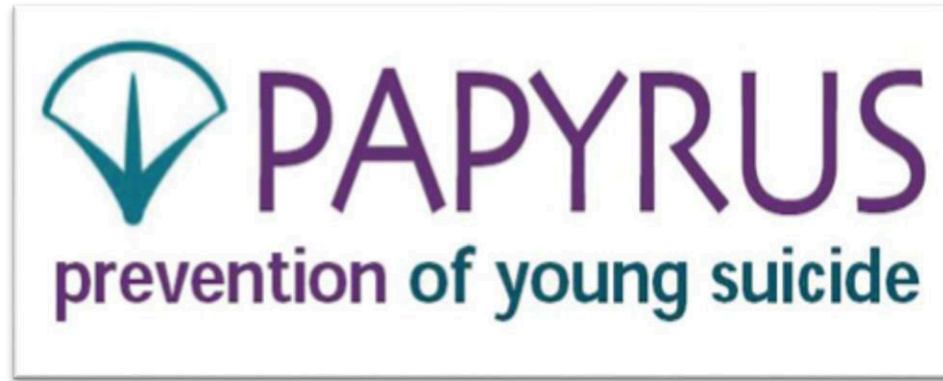
YOUNG Mi MINDS

- Information for young people about mental health issues
- Advice for taking care of your emotional wellbeing
- Lots of information and resources
- Access to a Parents Helpline - 0808 802 5544
- (Monday to Friday 9.30am – 4pm, free for mobiles and landlines)

QUICK LINK: Google 'YoungMinds'

SOURCE: www.youngminds.org.uk

PREVENTION OF YOUNG SUICIDE:

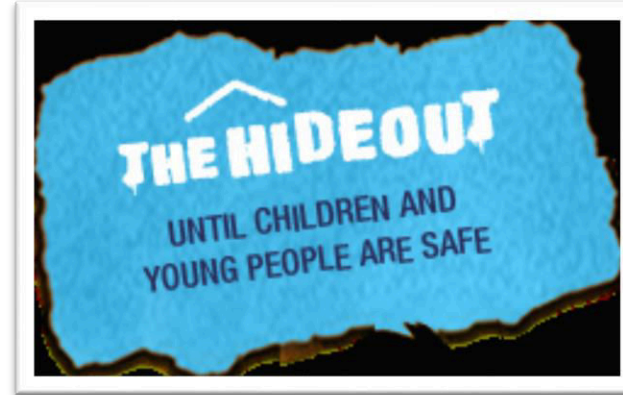


- Suicide is something PAPYRUS takes very seriously. If this is how you feel, give them a chance to help
- You can text, email or call PAPYRUS if you are worried about distressing thoughts you are having:
 - Call: 0800 068 41 41
 - Email: pat@papyrus-uk.org
 - SMS: 07786 209697
- Opening hours: Mon-Fri: 10am-10pm, weekends: 2pm-10pm & bank holidays: 2pm-5pm

QUICK LINK: Google 'Papyrus'

SOURCE: www.papyrus-uk.org

DOMESTIC VIOLENCE:



- The Hideout is a website for young people worried about Domestic Abuse in the home
- Women's Aid have created this space to help children understand domestic abuse and how to take positive action if it's happening to you.
- You can hide the website quickly if you need to by using the 'Hide this Page' tab
- If you are worried for your safety or someone else's safety it is okay to **phone 999** and ask the Police for help
- You can also call the Freephone 24 Hour National Domestic Violence Helpline. This helpline service provides support, information and a listening ear to women and children experiencing domestic abuse. Their number is **0808 2000 247**

QUICK LINK: Google 'The Hideout'

SOURCE: www.thehideout.org.uk

Local Public Health:



ChatHealth is a confidential text messaging service that enables young people (aged 11-19) to contact their local public health nursing (school nursing) team.

If you would like confidential advice, support and help with: your feelings, growing up, health, lifestyle, relationships or sexual health TEXT: **07480 635 485**

Response time: Within 24 hours, 9am to 4pm Monday to Friday (except bank holidays)

QUICK LINK:

Google 'ChatHealth'

SOURCE:

www.chathealth.nhs.uk

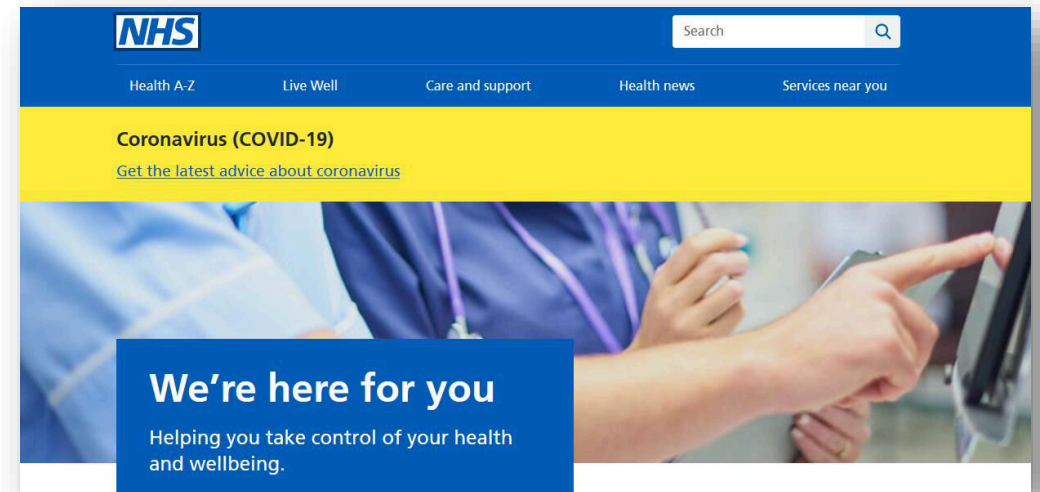
COVID-19 ADVICE:

www.nhs.uk/conditions/coronavirus-covid-19/

- Get the latest NHS information and advice about coronavirus (COVID-19)
- Check if you or your child has symptoms
- Testing and Tracing
- Self isolation and treatment if you have symptoms
- People at higher risk
- Social distancing and changes to everyday life

QUICK LINK: Google 'NHS'

SOURCE: www.nhs.uk



MENTAL HEALTH HELPLINES

Whether you're concerned about yourself or a loved one the helplines and support groups can offer expert advice. Follow the link:

www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/

Safety Plan

**There when you need it the
most ...never do nothing.**

MAKE THE CALL