

Any member of staff at school, including your **form tutor, SGM, HOY** and everyone on the **Safeguarding poster** in classrooms.

**childline**

ONLINE, ON THE PHONE, ANYTIME  
childline.org.uk | 0800 1111



Other people that can offer support include your parents, doctor, a nurse, [www.nhs.uk](http://www.nhs.uk) counsellor, PC Drew.



**kooth**

kooth.com

Kooth- your online mental wellbeing community. Have you downloaded the app?

**HEAD STRONG**

Headstrong is a new online space aimed exclusively at young people with a focus on promoting positive mental wellbeing. It is a section of the Youthscape charity. Within Youthscape they also offer support for young people who are risk of self harm - **Alumina**

0808 1000 900

THE LUCY FAITHFULL FOUNDATION

Working to protect children



Where can you go for support?



HOPELINEUK  
0800 068 41 41

If you need support relating to Careers and your future after Brittons, pop into the Careers Library during break or lunch. These websites may also be helpful

- <https://www.citizensadvice.org.uk>
- <https://vinspired.com> - young peoples volunteering charity
- <https://www.ncsyas.co.uk> 15-17 Year olds National Citizen Service
- <https://nationalcareersservice.direct.gov.uk/> - research careers your interested in.
- <https://www.startprofile.com/> - Explore your dream Job!



**Wize-up**

Thurrock

Wize-up are a free and confidential drug and alcohol service for young people under 18



"It's alright to ask for help"

**SAMARITANS**

116 123