

It's Okay Not To Be Okay

MENTAL HEALTH HELPLINES

- Childline – 0800 1111
- YoungMinds – www.youngminds.org.uk
- Kooth – “Need to Talk” www.kooth.com
- NSPCC – 0800 136 663
- Mermaids – 0808 801 0400 www.mermaids.org.uk
- Frank – 0300 123 6600
- Victim Support – 0808 168 9111 www.victimsupport.org.uk
- Mind – www.mind.org.uk
- The Kaleidoscope Group – www.kaleidoscopeplus.org.uk
- Place2Be – www.place2be.org.uk
- CEOP – www.ceop.police.co.uk/safety-centre/IWF

If you would like to speak to someone in school, please see any of the following Designated Safeguarding Officers:

Mrs Crook - DSL

Miss A Stanton - DDSL