

Sources of support for pupils

If you are feeling down or anxious, or are worried about someone you know, you may want to use the following help sources.

If you are feeling extremely distressed, please speak to an adult that you trust as soon as possible.

Bullies Out

Anti-bullying charity: offers advice to young people about bullying on their website and via e-mentors. <https://bulliesout.com/>

ChildLine

Helpline for children and young people to discuss their concerns or problems in confidence: 0800 1111. Website containing information and advice: www.childline.org.uk

Kooth

Free, confidential online mental wellbeing support for young people: <https://www.kooth.com/>

Off the Record

Free and confidential mental health support and information for young people aged 11-25: www.otrbristol.org.uk. Helpline: 0808 808 9120 or Text: 07896 880 011. Email: confidential@otfbristol.org.uk

Papyrus

Information for young people who self-harm, or who are concerned about friends who do: <http://www.papyrus-uk.org>. HopelineUK - confidential helpline weekdays 10am-10pm, weekends 2pm-10pm: 0800 068 41 41.

Young Minds

Support for young people's mental health: <https://youngminds.org.uk/>

Text the **YoungMinds Crisis Messenger** for free 24/7 support across the UK if you are experiencing a mental health crisis. If you need urgent help text YM to 85258. All texts are answered by trained volunteers, with support from experienced clinical supervisors. Texts are free from EE, O2, Vodafone, 3, Virgin Mobile, BT Mobile, GiffGaff, Tesco Mobile and Telecom Plus.