

# Support for students and parents/carers in relation to mental & emotional well-being, and safety

## **Samaritans**

[www.samaritans.org](http://www.samaritans.org)

Tel. 116 123 (free helpline 24 hours a day)  
or email [jo@samaritans.org](mailto:jo@samaritans.org)

## **Childline**

[www.childline.org.uk](http://www.childline.org.uk)

Tel. 0800 1111 (free helpline between 7.30 am to 3.30 am every day)

## **Kooth**

[www.kooth.com](http://www.kooth.com)

Free, safe and anonymous online support for young people.

## **Young Minds**

[www.youngminds.org.uk](http://www.youngminds.org.uk)

Text YM to 85258 for free 24/7 support if you are a student and need urgent help

PARENTS' HELPLINE

0808 802 5544 (9.30 am - 4pm, Monday - Friday)

## **Papyrus**

[www.papyrus-uk.org](http://www.papyrus-uk.org)

A free suicide prevention helpline every day between 9am to midnight. Tel. 0800 068 4141 or text 07860 039967 or email [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org)

## **Shout**

[www.giveusashout.org](http://www.giveusashout.org)

Shout is a confidential 24/7 UK text service for times when people feel they need immediate support. It is free from all major UK networks.

Text "SHOUT" to 85258

## **NSPCC**

[www.nspcc.org.uk](http://www.nspcc.org.uk)

Free helpline - 0808 800 5000 (Monday – Friday 8am - 10pm or 9am - 6pm at the weekends)

Email: [help@nspcc.org.uk](mailto:help@nspcc.org.uk)

NSPCC Helpline - Report Abuse in Education

0800 136 663

## **Mind**

[www.mind.org](http://www.mind.org)

This website has a range of resources and you can contact them directly for support as below.

Tel. 0300 123 3393. Text: 86463

Email: [info@mind.org.uk](mailto:info@mind.org.uk)

## **Recovery college online**

[www.recoverycollegeonline.co.uk](http://www.recoverycollegeonline.co.uk)

This website provides a range of online information to people who might be struggling with mental health issues.

## **NHS suggested apps to support mental health**

[www.nhs.uk/apps-library/category/mental-health](http://www.nhs.uk/apps-library/category/mental-health)

## **Internet/online safety**

As young people may be having more screen time at the moment, it is important that they keep themselves safe online.

[www.internetmatters.org](http://www.internetmatters.org) provides a range of support for families to enable all family members to stay safe online.

## **Water Safety**

For advice about water safety, please visit

[www.rlss.org.uk/open-water-safety](http://www.rlss.org.uk/open-water-safety) or

[www.rnli.org/safety/respect-the-water](http://www.rnli.org/safety/respect-the-water)

QUEEN ELIZABETH  
Sixth Form College