

## I NEED ADVICE ABOUT ONLINE SAFETY

### CEOP—Child Exploitation and Online Protection

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

To report online or offline abuse, or exploitation of children or young people.

### THINK U KNOW

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

The education programme for CEOP, above.

## I HAVE QUESTIONS ABOUT SEXUALITY

### YOUNG STONEWALL

[www.youngstonewall.org.uk](http://www.youngstonewall.org.uk) 0800 050 2020

Information and support for all young lesbian, gay, bi and trans people

### FFLAG

[www.fflag.org.uk](http://www.fflag.org.uk) 0845 652 0311

For families and friends of LGBTQ+ young people

## I AM/THINK I MAY BE A YOUNG CARER

### CARERSLINE

[www.carers.org](http://www.carers.org) 0117 965 2200

[carersline@carerssupportcentre.org.uk](mailto:carersline@carerssupportcentre.org.uk)

A website offering support for young carers.

## I HAVE QUESTIONS ABOUT HOUSING

### CENTREPOINT

[www.centrepoin..org.uk](http://www.centrepoin..org.uk) 0808 800 0661

A charity aiming to end youth homelessness.

## I HAVE BEEN A VICTIM

### VICTIM SUPPORT

[www.victimsupport.org.uk](http://www.victimsupport.org.uk) 0808 168 9111

Provides emotional and practical support for people affected by crime and traumatic events.

### SAFELINE

[www.safeline.org.uk](http://www.safeline.org.uk) 0808 800 5007

Young people's helpline for survivors of sexual abuse.

### YOU AND CO

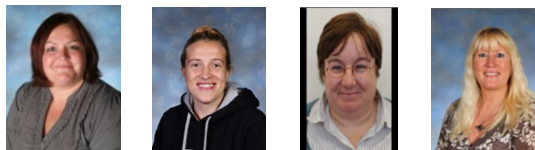
[www.youandco.org.uk](http://www.youandco.org.uk)

Victim Support's youth programme for young people.

**If you have any concerns or worries we have a dedicated Safeguarding Team to listen to you and who can offer support.**



**Mr C Whitfield, Safeguarding Lead Teacher**



### Deputy Safeguarding Team

**Mrs Emms, Miss Ellis, Mrs Oakley, Ms Stone**

**Of course you may also approach your Head of House, your tutor or any other adult member of the school community you feel you can trust.**



## STAYING SAFE AT

# CHIPPING SODBURY SCHOOL AND BEYOND



## Student Support Services

## I JUST NEED SOMEONE TO TALK TO

### **NSPCC—National Society for the Prevention of Cruelty to Children.**

The NSPCC runs Childline, a counselling service for children and young people.

[www.childline.org.uk](http://www.childline.org.uk) 0800 1111

### **LOTTY—Helpline for Young People**

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

A free confidential text and support service for young people in Bristol aged 11-25.

Text confidentially on 07786 202040

### **KOOTH**

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

A free, safe and anonymous counselling service for young people, every day until 10pm.

### **THE SAMARITANS**

24 hour phone line (free) 116 123

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

A service which helps you cope with sadness or thoughts of taking your own life.

## I AM DEALING WITH BEREAVEMENT

### **WINSTON'S WISH**

[www.winstonswish.org](http://www.winstonswish.org) 0808 8020 021

A childhood bereavement charity

### **HOPE AGAIN**

[www.hopeagain.org.uk](http://www.hopeagain.org.uk) 0808 808 1677

Support for young people when someone dies.

## I HAVE QUESTIONS ABOUT MENTAL HEALTH

### **OFF THE RECORD**

[www.otr.org.uk](http://www.otr.org.uk) 0808 808 9120 (free, 2-5pm)

[hello@otrbristol.org.uk](mailto:hello@otrbristol.org.uk)

OTR is a mental health social movement by and for young people in Bristol and South Glos.

### **MIND**

[www.youngminds.org.uk](http://www.youngminds.org.uk) 0808 802 5544

Text YM to 85258

Committed to improving the mental health of children and young people.

### **TESS**

[www.selfinjurysupport.org.uk](http://www.selfinjurysupport.org.uk) 07537 432444

A text and e-mail support service for girls affected by self harm. Text service available Tue, Wed, Thurs 7pm-9.30pm

### **ANXIETY UK**

[www.anxiety.org.uk](http://www.anxiety.org.uk) 03444 775775

Advice and support for young people living with anxiety

### **SAM-APP**

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

A free, downloadable app for managing stress and anxiety

### **CALM HARM**

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

An app to help teenagers manage the urge to self-harm

## I HAVE QUESTIONS ABOUT HEALTH

### **NHS GO**

[www.nhsgo.uk](http://www.nhsgo.uk)

A NHS app with confidential health advice and support for 16-25 year olds

### **HEALTH FOR TEENS**

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

Support for young people covering general well-being, sexual health and bereavement.

### **FRANK**

[www.talktofrank.com](http://www.talktofrank.com) 0300 123 6600

Confidential advice and information about drugs, their effects and the law.

### **BRISTOL DRUGS PROJECT**

[www.bdp.org.uk](http://www.bdp.org.uk) 0117 987 6000

Online support for young people affected by drugs and alcohol.

### **QUIT SMOKING**

[www.nhs.uk/live-well/quit-smoking](http://www.nhs.uk/live-well/quit-smoking)

A guide to stopping smoking for Under 18s.

### **ALATEEN**

[www.al-anonuk.org.uk](http://www.al-anonuk.org.uk) 0800 008 6811

For teenage friends and relatives of alcoholics

### **SEXUAL HEALTH**

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

UK's leading sexual health and wellbeing charity