



REMEMBER YOU ARE NEVER FAR AWAY FROM SOMEONE WHO WILL LISTEN AND PROVIDE SOME SUPPORT, ADVICE AND GUIDANCE



CHILDLINE

You can talk to us about anything. No problem is too big or too small.
Telephone 08001111



SAMARITANS

24 hour service offering emotional support.
Telephone 116123 email jo@samaritans.org

EMOTIONAL SUPPORT AND GUIDANCE FOR ANYONE AFFECTED BY A MENTAL ILLNESS



SANELINE

Telephone 0333 010 4600
www.lookahead.org.uk



ANXIETY UK

Telephone 03444 775 774
www.anxietyuk.org.uk



RETHINK MENTAL ILLNESS

Telephone 0300 5000 927
www.rethink.org



IF YOU ARE IN A MENTAL HEALTH CRISIS AND NEED SUPPORT TEXT AFC CRISIS MESSENGER ON 85258



PAPYRUS

Telephone 0800 068 4141
Text 07786209697
www.papyrus-uk.org



CRUISE BEREAVEMENT CARE

Telephone 0808 808 1677
www.cruse.org.uk



DOMESTIC ABUSE HELPLINE - REFUGE

Telephone 0808 2000 247
www.nationaldahelpline.org.uk



NATIONAL GAMBLING HELPLINE

Telephone 0808 8020 133
www.gamcare.org.uk



HELP AFTER CRIME - VICTIM SUPPORT

Telephone 0808 168 9111
www.victimsupport.org.uk/



CONCERNED ABOUT A CHILD? NSPCC

Telephone 0808 8005000
www.nspcc.org.uk

LINKS TO OTHER ORGANISATIONS CAN BE FOUND ON
WWW.HIGHAMLANESCHOOL.CO.UK/PARENTS-AND-STUDENTS-HEALTH-AND-WELLBEING-HUB