

### 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.



Mrs Howe

Safeguarding Lead



Mrs Emms

Deputy Safeguarding Lead



Miss Mayes, Mrs Philips, Mrs Oakley, Miss Ellis

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