



Wellbeing contact details for students

CEOP (Child exploitation and online protection centre)	0870 000 3344	The Child Exploitation and Online Protection (CEOP) Centre is dedicated to eradicating the sexual abuse of children through the internet. They also deal with any e-safety issues.
Child line	0800 1111	Child line is a counselling service for children and young people. All calls will be treated with the utmost confidentiality. Child line also deals with bullying issues.
Samaritans	116 123	Samaritans provide confidential non-judgemental emotional support, 24 hours a day for people who are experiencing feelings of distress or despair including those which could lead to suicide.
NSPCC	0808 800 5000	NSPCC campaigns for an end to cruelty to children.
Bereavement Support Helpline	0800 435455	Provides counselling and support when a death occurs.
Connexions	0800 100 900	Careers, Information, Education, Advice and Guidance.
Young carers	020 8649 9339	A support network for those with disabled siblings.
National Sexual Health Helpline	0300 123 7123	Provides straightforward information, advice and support on all aspects of sexual health, sex and relationships.
FRANK Drugs Information Helpline	0300 123 6600	This is a confidential helpline offering advice, information and support to anyone concerned about drugs abuse for themselves, families or friends.
Eating disorders Helpline - Beat	0808 801 0677	Youth helpline for young people giving advice, support.
Female Genital Mutilation	0800 028 3550 NSPCC FGM or 0800 1111 Childline	Confidential helpline offering advice, information and support to anyone concerned about female genital mutilation for themselves, families or friends.
Radicalism	0800 800 5000	NSPCC helpline 24/7 offering support if you are worried about radicalisation.
Stop Smoking	0300 123 1044	This is an NHS helpline giving advice on giving up smoking. There is also a website: www.nhs.uk/smokefree/help-and-advice .
Domestic Violence	0808 2000 247	This is a National domestic violence helpline which will give help and advice to anyone concerned about themselves, families or friends.
Young Minds Mental Health	0808 802 5544	This is a national helpline for anyone with concerns about mental health for themselves, family or friends.
Rape National Helpline	0808 802 9999	This is a rape crisis helpline for victims of rape or their family, friends. Website – www.rapecrisis.org.uk .
Domestic Abuse Help	0808 168 9291	www.notaloneinsutton.org.uk