

Wellbeing contact details for students

CHILD PROTECTION		
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.
Childline	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.
NSPCC	0800 136 663	Reporting sexual abuse in education setting
BEREAVEMENT		
Bereavement Support Helpline	0800 435455	Provides counselling and support when a death occurs.
Hope Again	0808 808 1677	www.hopeagain.org.uk - A service to help young people who have suffered bereavements .
Child Bereavement Network	0207 843 6309	www.childhoodbereavementnetwork.org.uk - A hub for supporting bereaved children and young people.
Grief Encounter	0808 802 0111	www.griefencounter.org.uk - Support for children and young people who have suffered a bereavement.
Winston's Wish	0808 802 0021	www.winstonswish.org - Support for children and young people who have experienced the death of a parent or sibling.
CRIME		
Crime Stoppers	0800 555 111	www.crimestoppers-uk.org - An independent charity that gives people the opportunity to report crimes anonymously.
YOUTH HELPLINES		
Connexions	0800 100 900	Careers, Information, Education, Advice and Guidance.
Young carers	020 8649 9339	A support network for those with disabled siblings.
SUBSTANCE USE		
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.

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 .
EATING DISORDERS		
Eating disorders Helpline - Beat	0808 801 0677	Youth helpline for young people giving advice, support.
FGM		
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.
RAPE HELPLINE		
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 .
SEXUAL HEALTH		
National Sexual Health Helpline	0300 123 7123	Provides straightforward information, advice and support on all aspects of sexual health, sex and relationships.
LGBT		
Mermaids	0808 801 0400	www.mermaids.org.uk - Service that aims to help gender diverse kids, young people, and their families.
Stonewall	0207 593 1850	www.stonewall.org.uk - Organisation that campaigns for the equality of LGBT community across Britain.
DOMESTIC ABUSE		
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.
Domestic Abuse Help	0808 168 9291	www.notaloneinsutton.org.uk
MENTAL HEALTH		
Young Minds Mental Health	0808 802 5544	This is a national helpline for anyone with concerns about mental health for themselves, family or friends.
CALM (campaign against living miserably)	0800 58 58 58	www.thecalmzone.net - This is a service that looks to offer help to anyone with mental health concerns.
Harmless		www.harmless.org.uk - Service provided to help overcome any issues or concerns when it comes to self harm.
Anxiety UK	03444 775 774	www.anxietyuk.org.uk - A national registered charity for those affected by anxiety, stress and anxiety based

		depression.
Heads together	01737 378 481	www.headstogether.org.uk
Mentally healthy schools		www.mentallyhealthyschools.org.uk
MindEd for Families		www.mindedforfamilies.org.uk - Experts providing advice for young people about mental health
BULLYING		
Anti Bullying Alliance		www.anti-bullyingalliance.org.uk
Ditch The Label		www.ditchthelabel.org - One of the largest youth charities in the world, supporting young people with bullying, mental health, relationships & their identity.
Bullying UK		www.bullying.co.uk - Provides advice and support for anyone experiencing bullying in the UK.
Online Safety		
Net-Aware		www.net-aware.org.uk - Website using the expertise of NSPCC to ensure you are being safe online.
Think U Know		www.thinkuknow.co.uk - UK organisation that helps protect children both online and offline.
Radicalism	0800 800 5000	NSPCC helpline 24/7 offering support if you are worried about radicalisation.
Child exploitation Online protection centre		www.ceop.police.uk - A website to help if you are worried about online sexual abuse, or if you are worried in anyway about how someone is communicating with you online.
Safer Internet		www.saferinternet.org.uk - A centre partnership of 3 leading charities with a mission to make the internet a better place for children and young people.