



WINDERMERE SCHOOL

Need to Talk?

As a young person or parent/carer we are aware that there are many pressures that you face in everyday life.

The organisations below provide help if you are feeling worried or anxious regarding a range of issues including bereavement, self-harm, bullying, eating disorders and examination stress.

Advice and support

Childline

www.childline.org.uk

Comforts, advises and protects children 24 hours a day and offers free confidential counselling.

Phone: 0800-1111 (24 hours).

1-2-1 counselling chat available online.

The link below is specifically for information related to coronavirus and lockdown. It is designed to support children and young people at this time.

<https://www.childline.org.uk/info-advice/your-feelings/anxiety-stress-panic/worries-about-the-world/coronavirus/>

Samaritans

www.samaritans.org

24-hour confidential listening and support for anyone who needs it.

Email: jo@samaritans.org

Phone: 116-123 (24 hours)

Information and support for mental health issues.

Samaritans have designed an app to help with emotions at this time. Keep track of how you're feeling, and get recommendations for things you can do to help yourself cope, feel better and stay safe in a crisis

<https://www.samaritans.org/how-we-can-help/contact-samaritan/self-help/>

They have developed a coronavirus section on their help pages. Some of it is aimed more at adults but a valuable resource.

<https://www.samaritans.org/how-we-can-help/if-youre-having-difficult-time/if-youre-worried-about-your-mental-health-during-coronavirus-outbreak/>

Kooth

www.kooth.com

Free, safe and anonymous online support for young people.

Papyrus

<https://papyrus-uk.org/>

Support for anyone under 35 experiencing thoughts of suicide, or anyone concerned that a young person may be experiencing thoughts of suicide.

No Panic

<https://nopanic.org.uk/>

Voluntary charity offering support for sufferers of panic attacks and obsessive compulsive disorder (OCD).

Drugs and Alcohol

Frank

www.talktofrank.com

Confidential information and advice about drugs and substance abuse, whether it's for you or someone else.

Phone: 0300-123-6600

Text: 82111

LGBT

Stonewall

www.stonewall.org.uk/help-and-advice

The UK charity for gay, lesbian, bisexual and transgender people and their allies. They offer information, advice and where to get local support.

Call their information service on 08000 50 20 20

If you have concerns of a child or young person being at risk of significant harm, then dial 999 immediately.