

## Student wellbeing page

Welcome to our student wellbeing and support page. If you are worried about anything, whether it is something really big or very small, you should speak to someone you trust either at home or at school so that they can help you get the support that you need. The phone numbers and links below can help you find out more about something that is worrying you or speak to someone if you do not feel that you have anyone else to turn to. This does not stop you from speaking to someone at home or school as well; we will always want to help you and keep you safe.

### Childline – 0800 1111

Childline is free, private and confidential service where anyone under the age of 19 can talk about anything. There are also options to instant message or email a counsellor on their website.

[www.childline.org.uk/get-support/](http://www.childline.org.uk/get-support/)

### Kooth

Kooth mental wellbeing community and resource for young people aged 11-24 years old. You need to sign up to get a log-in, but it is free, safe and anonymous and gives you access to support, activities and advice for your mental health and wellbeing.

[www.kooth.com](http://www.kooth.com)

### More mental health and wellbeing support:

- [Shout](#)
- [Young Minds](#)

### Online safety:

- [Net-Aware](#)
- [Think U Know](#)

### Drug and alcohol:

- [FRANK](#)
- [Young Minds](#)

### LGBT+:

- [Switchboard](#)
- [Stonewall](#)

### Bereavement:

- [Young Minds](#)
- [The Good Grief Trust](#)
- [Grief Encounter](#)