

KEEPING SAFE AND HEALTHY AT HOME

**Safeguarding advice for students can be sourced during the day between 08.30-3.30pm
On**

07983686481 or 07983686480

Out of hours, for urgent safeguarding support call the MASH advice line 0300 1261000

It is important whilst at home to ensure you keep yourself active and mentally engaged. Reading a book, engaging with family and friends or going for a walk etc, where advice allows.

Papyrus: Thinking about suicide, please call **0800 068 4141** or **TEXT 07786 209697**

Bullying UK: 0808 800 2222

Child Line: Talk to a child line counsellor, no problem too big or small! **0800 1111**

Samaritans: Someone to listen 24/7 free of charge. **116 123** or **TEXT 07725 909090**

Compass: Support and advice for young people using substances. **0800 121 4043**

Northampton CAB: Info/advice on issues facing young people. **03444 111 444**

NSPCC: If you feel you or someone you know is a victim of abuse. **0808 800 5000**

Stonewall: Support for anyone around issues of sexuality. **0800 0505 2020**

Winston's Wish: Helpline to support young people with the death of a loved one. **08088 020 021**

Websites

www.bullying.co.uk

www.childline.org.uk

www.compass.org.uk

www.nshn.co.uk

www.selfharm.co.uk

www.nspcc.org.uk

www.stonewall.org.uk

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