



Who to contact if you need support?

If you need someone to talk with at school about your wellbeing you can speak to:

- your Line Manager;
- Mark Brunner or another member of the Leadership Team.

OTHER CONTACTS

Get help with your mental health: <https://www.mentalhealth.org.uk/getting-help>.

Mental Health Infoline: 0300 123 3393. Provides general information and signposts callers to different services. <https://www.mind.org.uk/>.

NHS Choices: <https://111.nhs.uk/> is a 24-hour national helpline providing health advice and information.

Support for anyone having a difficult time on 116 123 or via email to jo@samaritans.org. More info at <https://www.samaritans.org/>.

SHOUT: 24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere. Text 85258. <https://www.crisistextline.uk/>.

In an emergency: If you or someone you know is in immediate danger dial 999.