

Useful Contact Numbers for Students

The internet can provide you with lots of information and guidance on any concerns that you may have however your home academy website can also provide you with information on safeguarding so please have a look. We have provided you with some other contacts below that may be useful for you.

FRANK: Support, advice and information on any issues or questions relating to drugs and alcohol 24/365 Helpline 0300 123 6600 SMS 8211 www.talktofrank.com

Alateen: Support for families and friends of alcoholics 0207 403 0888 Confidential Helpline www.al-anonuk.org.uk/alateen

Rethink: Downloadable booklets on various mental health difficulties and how to take care of yourself. Practical Mental Health Information Line 0300 5000 927 (Mon-Fri 10am2pm) www.rethink.org

Brook Advice: Advice around sexual health and contraception www.brook.org.uk

Wanting 2BU – Sexual Identity: For Young People in Somerset. A support Group funded by the NHS, SCC and Connect South West Limited 07857 939941 www.2bu-somerset.co.uk

Child Line: Confidential support for any child/young person who is experiencing difficulties of any kind Talk to a counsellor on the phone 0800 1111 www.childline.org.uk

NSPCC: Child Protection Helpline 0808 808 5000 www.nspcc.org.uk

If you are worried about your or a friends safety or wellbeing you can call the **Police** on 101 non-emergency calls or 999 in an emergency

AS well as phoning the police you can call the following numbers to report a concern

- **First Response :** if you live in Bristol) 0117 949 0944- (01454 615165 at weekends and evenings.) <https://bristolsafeguarding.org/>
- **Access and Response:** (If you live in south Glos) 01454 866000 (01454 615165 at weekends and evenings.) <http://sites.southglos.gov.uk/safeguarding/>
- **Single Point Access:** (if you live in North Somerset) 01275888808 (01454 615165 at weekends and evenings.) <https://www.northsomersetsafeguarding.co.uk/>

Kooth, is an online counselling and emotional well-being platform for children and young people, accessible through mobile, tablet and desktop and free at the point of use. <https://www.kooth.com/>

Childline Online support and awareness <https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/staying-safe-online/>

OTR- mental health social movement by and for young people aged 11-25 living in Bristol and South Gloucestershire <https://www.otrbristol.org.uk/>