

In crisis?

Contact Gordano's safeguarding team (Ms Fairs, Chantelle Thompson) or another trusted adult, or...

If you feel that you want to end your life, please seek help. You do not need to go through this alone. There are people who want to listen:

call 999

call HopeLine 0800 068 4141

text HopeLine 88247

call Samaritans 116 123

For information, advice, support, and resources visit Papyrus papyrus-uk.org/

For other urgent help, you can call:
ChildLine 0800 1111 *doesn't show on bill*
Text "SHOUT" to 85258
Samaritans 116 123
Police 101 (999 if immediate danger)

If someone is acting inappropriately online, you can report them to CEOP before disconnecting www.ceop.police.uk/

Check the NHS crisis support advice: www.nhs.uk/nhs-services/mental-health-services/where-to-get-urgent-help-for-mental-health/



Sometimes the bravest thing you can do is ask for help...

... we are here when you are ready.

Gordano School Counselling Service



Where can I find support?

At school

Tutor & House Team / 6thForm Team

Any concerns can be raised. They will listen and help you access support.

Inclusion Team

Support with SEN, safeguarding, attendance, health & social care, and pastoral support, Youth Hub, mentoring, and listening services. Ask your Tutor or House Team / 6thForm Team to request support.

School nursing service

Nurse drop-in for any health-related concerns e.g. eating, self-harm, sleep...

School Counselling service

Check the "information about counselling" leaflet. Request a drop-in session to find out if counselling is right for you: speak to your Tutor, House Team / 6thForm Team. Email us:

counsellingservice@gordanoschool.org.uk

Local services

Find support organisations via Hub of Hope directory www.hubofhope.co.uk/

Find private counsellors local to you or online. Check these guides for advice:

www.bacp.co.uk/about-therapy/how-to-get-therapy/

www.youngminds.org.uk/young-person/your-guide-to-support/counselling-and-therapy/

Access NHS services for health support and issues relating to underlying medical / diagnosed conditions: visit your GP or ChatHealth young person's service.

I would like support with...

...feeling suicidal: Papyrus

www.papyrus-uk.org

Info, Resources, Signpost, Talk

...sexual abuse/exploitation:

www.survivorpathway.org.uk

Info, Signpost

...self-harm: Self Injury Support

www.selfinjurysupport.org.uk

Info, Resources

...staying safe online: Thinkuknow

www.thinkuknow.co.uk

Info, Resources, Signpost

...anxiety: No Panic

www.nopanic.org.uk

Info, Resources, Talk

...LGBT+: Switchboard

www.switchboard.lgbt

Talk

...drugs: Frank

www.talktofrank.com

Info, Signpost, Talk

...health: ChatHealth

www.sirona-cic.org.uk/children-services/services/school-nursing-service/

Info, Signpost, Talk

...eating disorders:

www.beateatingdisorders.org.uk

Info, Signpost, Talk

...bereavement: Hope Again

www.hopeagain.org.uk

Info, Talk

...crime: Victim Support

www.victimsupport.org.uk

Info, Signpost, Talk

Key to help: I information R resources
S signposting (directing you to help)
T talk by call/text/chat/group

general help

Check out some of the following organisations supporting children & young people ...

The Mix www.themix.org.uk

Info, Resources, Signpost, Talk, Express

ChildLine www.childline.org.uk

Info, Resources, Talk, Express

Young minds www.youngminds.org.uk

Info, Resources, Signpost, Talk

Kooth www.kooth.com

Info, Resources, Talk, Express

Off The Record

www.otrnorthsomerset.org.uk

Info, Resources, online groups

ChildLine 0800 1111 *doesn't show on bill*

Text THEMIX to 85258 *age 25 & under*

Text SHOUT to 85258

NHS 111.nhs.uk or call 111

www.nhs.uk/every-mind-matters

Info, Resources, Signpost, Talk

Apps such as Calm, Headspace, Insight Timer, Chill panda, Calm Harm, Clear Fear...

Check these websites for ideas:

www.nhs.uk/apps-library

www.calm.com

www.headspace.com/meditation/kids

I'm not sure what help I want