

Wellbeing Support

During this time away from school you can talk to staff as part of your tutor meetings or by contacting your teachers through Teams. Here are some other places you can gain support.

A registered charity

Day or night
We're here when life's difficult

Call free day or night on
116 123

Email
jo@samaritans.org


SAMARITANS

samaritans.org




ChildLine

0800 1111 

kooth



Need to talk?
We're **online** until 10pm

 **Friendly counsellors**  **Self-help**  **Community support**

Free, safe and anonymous online support for young people

kooth.com