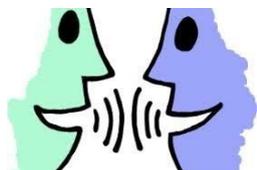


Safeguarding Support and Advice for Students



Need to talk to someone?



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/>

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

Childline Online support and awareness

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

[Talk to a councillor on the phone](#) 0800 1111 this is a free call.

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



MIND- We're Mind. We understand mental health and wellbeing. We're here if you need us for support and advice. We help everyone understand mental health problems, so no one has to feel alone.

<https://www.mind.org.uk/information-support/for-children-and-young-people/>

telephone [0300 123 3393](tel:03001233393)

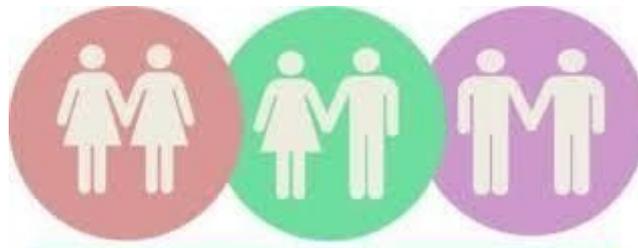
Rethink: Downloadable booklets on various mental health difficulties and how to take care of yourself. Practical Mental Health Information Line 0300 5000 927 (Mon-Fri 10am- 2pm) www.rethink.org



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

BDP-Bristol Drugs Project-Whether you're using alcohol or drugs yourself, or you're being affected by someone else's use, we can provide you with free and confidential support. <https://www.bdp.org.uk/youth>



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



Childnet- Welcome to Childnet International's website. The internet is an amazing place and a wonderful resource and our aim is to help make the internet a great and safe place for children and young people. Find the latest information on the sites and services that you like to use, plus information about mobiles, gaming, downloading, social networking and much more. <https://www.childnet.com/young-people>

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

UKSafer Internet Centre- Advice and guidance for young people on how to stay safe online

<https://www.saferinternet.org.uk/advice-centre/young-people>



Anti-Bullying Alliance- Advice and links to other support groups if you are worried about bullying

<https://www.anti-bullyingalliance.org.uk/tools-information/if-youre-being-bullied/i-am-being-bullied>

Childline Online support and awareness

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



Young Carers / Childline- Find advice about making things easier and ways to help you cope.

<https://www.childline.org.uk/info-advice/home-families/family-relationships/young-carers/>

NSPCC- advice and guidance to help people keep safe from FGM

<https://www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/female-genital-mutilation-fgm/>

