



Rednock School  
Quality, Partnership, Success

sources of  
**SUPPORT**  
for **students**  
and **parents**

HELPING

**kooth**  
11 - 18 yr olds



[www.kooth.com](http://www.kooth.com)

An **online** support platform where young people can access free anonymous counselling, join friendly discussion boards, keep online journals, goal trackers, and read self-help articles with the option to contribute their own experiences or advice.

Online platform available 24 hours a day.  
Counselling available 12.00pm to 10.00pm Monday to Friday, and 6pm to 10pm at weekends.

**tic+**  
9 - 21 yr olds



01594 372777  
Text: 07520 634063  
[www.ticplus.org.uk](http://www.ticplus.org.uk)

An anonymous, safe, confidential, 1-2-1, support service for young people aged 9-21 living in Gloucestershire.

You're not alone. We're here for you!  
Call or live-message our friendly, trained team members about anything that's troubling you.

**NO PROBLEM IS TOO BIG OR TOO SMALL**  
We care. We won't judge.

**The Mix**  
Up to 25 yr olds



0800 808 4994  
Crisis text line 24hr: 85258  
[www.themix.org.uk](http://www.themix.org.uk)

The Mix is the UK's leading support service for young people. We are here to help you take on any challenge you're facing - from mental health to money, from homelessness to finding a job, from break-ups to drugs. Talk to us via our online community, on social, through our free, confidential helpline or our counselling service.

Daily 1-11pm

**Gloucestershire**  
**Self Harm Helpline**



0800 8010606  
Text: 07537 410022  
[www.gloucestershireselfharm.org](http://www.gloucestershireselfharm.org)

Providing a safe, supportive, non-judgmental and informative space for people who self harm, their friends, families and carers.

You can contact the service by telephone, text or webchat.

**Hope Again**



0808 808 1677  
[www.hopeagain.org.uk](http://www.hopeagain.org.uk)

Youth website of Cruse Bereavement Care.  
A safe place where you can learn from other young people how to cope with grief and feel less alone.

Monday - Friday 9:30am - 5pm.

**Beat Eating Disorders**  
11 - 18 yr olds



0808 8010711  
[www.beateatingdisorders.org.uk](http://www.beateatingdisorders.org.uk)

Our mission is to end the pain and suffering caused by eating disorders.

Our national Helpline exists to encourage and empower people to get help quickly, because we know the sooner someone starts treatment, the greater their chance of recovery.

People can contact us online or by phone 365 days a year.

**The Door**  
**11 - 25 yr olds**



01453 705350  
[www.thedoor.org.uk](http://www.thedoor.org.uk)

Want to talk to someone about how you are feeling or just have a chat. With nearly 30 years experience of supporting young people and their families when times get tough. If you need some support or just want a chat, get in touch with our friendly team.

Open from 5-7pm every weekday (excluding bank holidays). Simply call to speak to a member of The Door's friendly team.

**childline**  
**Up to 18 yr olds**



0800 1111  
[www.childline.org.uk](http://www.childline.org.uk)

If something's happened or you're worried, there's always someone you can talk to.

Childline is a counselling service for children and young people up to their 19th birthday in the United Kingdom provided by the NSPCC.

Open 24 hours.

**NHS Chathealth**  
**11 - 19 yr olds**



Text: 07507 333 351  
[www.facebook.com/ChatHealth](https://www.facebook.com/ChatHealth)

If you're aged between 11 & 19yrs, did you know you can text a School Nurse for Confidential, Friendly Helpful advice? What are you waiting for?

Give them a text if you need support and information.

**National Bullying Helpline**  
**11 - 18 yr olds**



0300 3230169  
[www.nationalbullyinghelpline.co.uk](http://www.nationalbullyinghelpline.co.uk)

A confidential helpline designed to advise about bullying. Whether the bullying is in the home, the community, the playground, the workplace or online (ie: cyberbullying).

Available for children and adults.

**Young Gloucestershire**  
**16 - 25 yr olds**



01452 501008  
[www.youngglos.org.uk](http://www.youngglos.org.uk)

Offering support to disadvantaged young people facing challenges in their lives.

**Shout 85258**



Text 85258  
[www.giveusashout.org](http://www.giveusashout.org)

Shout 85258 is a free, confidential, 24/7 text messaging support service for anyone who is struggling to cope.

We can help with depression, anxiety, abuse, panic attacks, suicidal thoughts, self-harm, relationship problems and bullying.

## Stay Alive



#StayAlive

### Search for 'Stay Alive App'

The Stay Alive app is a pocket suicide prevention resource for the UK, packed full of useful information to help you stay safe.

You can use it if you are having thoughts of suicide or if you are concerned about someone else who may be considering suicide.

In addition to the resources, the app includes a safety plan, customisable reasons for living, and a life box where you can store photos that are important to you.

## Samaritans

**SAMARITANS**

116 123  
samaritans.org

Provides emotional support to anyone in emotional distress, struggling to cope, or at risk of suicide.

## Frank

**FRANK**

0300 123 6600 - live chat: 2-6pm  
Text 82111  
[www.talktofrank.com](http://www.talktofrank.com)

Find out everything you need to know about drugs, their effects and the law.

Talk to Frank for facts, support and advice on drugs and alcohol today.

## HOPELINEUK Papyrus

**HOPELINEUK**

0800 068 4141  
Text: 07860 039967

Confidential support and advice to young people struggling with thoughts of suicide, and anyone worried about a young person through our helpline, HOPELINEUK.

## Help for PARENTS:

### The Door

[www.thedoor.org.uk](http://www.thedoor.org.uk)  
Contact Website

### Young Minds

Parents helpline  
080 802 544  
<https://youngminds.org.uk>

### Cry-sis helpline

Support for parents with crying and sleepless babies  
08451 228 669  
<https://www.cry-sis.org.uk>

### Family Lives

0808 800 2222  
[www.familylives.org.uk](http://www.familylives.org.uk)

### CEOP - Child Exploitation and Online Protection Centre

[www.ceop.police.uk/safety-centre](http://www.ceop.police.uk/safety-centre)