

HELPINES

Sources of SUPPORT for 6th Form students



Rednock 6th Form
Quality, Partnership, Success

Depression:-

Young Minds Matter
The Door
Young Glos

Self Harm:-

Gloucestershire Self Harm Helpline
TIC+
Young Minds Matter

Suicidal thoughts:-

Papyrus/Hopelink
Stay Alive App
Samaritans
TIC+

Bullying:-

National Bullying Helpline
The Door

Child/Domestic Abuse:-

Childline

Sexual Abuse/Assault/Rape:

Gloucester Rape & Sexual Abuse Centre

Drug & Alcohol:-

FRANK
Change Grow Live
TIC+

Exam Pressure:-

Young Minds Matter
TIC+

Anxiety:-

Anxiety UK
TIC+
Young Minds Matter
Young Glos

Eating Disorders:-

BEAT
TIC+
Young Minds Matter

Bereavement:-

Hopeagain
National Bereavement Service

Mental Health issues:-

SHOUT
Young Minds Matter
TIC+
The Mix
Young Glos

Counselling:-

TIC+
KOOH
The Door
Young Minds Matter

School Nurse:-

Chat Health

LGBTQ+

Young Minds Matter
TIC+
The Door

yg

young gloucestershire

A youth work approach is at the heart of everything we do.

By building relationships with young people and understanding their individual needs we can begin to empower them to change their futures.

Gloucestershire
Self Harm Helpline



Wellbeing Helpline to support adults living in Gloucestershire who are experiencing mild to moderate wellbeing difficulties, such as anxiety, low mood or depression, including support for self-harm. We can also provide support and information to friends, family, carers and professionals.



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.

hopeagain
young people
living after loss

A youth website from Cruse Bereavement.

A safe place where you can learn from other young people, how to cope with grief and feel less alone.

shout
85258
here for you 24/7

Crisis text line for Mental Health

It is free to text *Shout* 85258

from all major mobile


NATIONAL
BULLYING
HELPLINE

A confidential helpline designed to advise about bullying. Whether the bullying is in the home, the community, the playground, the workplace or online. Available for children and adults.

kooth

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



Young Minds Matter (YMM) is a safe and confidential mental health support service developed for children and young people up to 18 years of age in schools across Gloucestershire

See additional YMM leaflet



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

We care, we won't judge.



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.



A UK 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 counselling service.



Every ten seconds, we respond to a call for help. No judgement. No pressure. We're here for anyone who needs someone.

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



ONLINE, ON THE PHONE, ANYTIME
childline.org.uk | 0800 1111

Whatever's on your mind. We'll support you. Guide you. Help you make decisions that are right for you.

Our tips and techniques, ideas and inspiration, can help you feel more in control. And you can access them in your own time, at your own pace!



A texting service

Text a School Nurse for confidential friendly helpful advice



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



The National Bereavement Service provides practical and emotional assistance after a death. If you or a loved one is experiencing loss, you can access free support.



Anxiety UK is a national registered charity formed in 1970, for those affected by anxiety, stress and anxiety based depression.



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.



A national health and social care charity. We can help you with challenges including drugs and alcohol, housing, justice, health and wellbeing.



For individuals in Gloucestershire affected by rape, sexual assault or abuse at any time in their lives.

We listen, understand, believe and support.



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

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



07480 635723

ghc.nhs.uk



01594 372777

Text: 07520 634063

ticplus.org.uk



01453 705350

thedoor.org.uk



tel: 08088084994

Crisis text line 24hr:

85258

www.themix.org.uk

SAMARITANS

116 123

samaritans.org

childline

ONLINE, ON THE PHONE, ANYTIME
childline.org.uk | 0800 1111

0800 1111

www.childline.org.uk

**Gloucestershire
Self Harm Helpline**



tel: 0808 801 0606

text: 07537 410 022

gloucestershireselfharm.org

yg

young gloucestershire

01452 501008

www.youngglos.org.uk



0808 8010711

beateatingdisorders.org.uk



tel: 0808 808 1677

hopeagain@cruse.org.uk

helpline@cruse.org.uk



here for you 24/7

giveusashout.org



HOPELINEUK

HOPELINE247 on

0800 068 4141



tel: 0800 0246 121

thenbs.org



Helpline: 0300 323 0169

Tel: 0845 225 5787

nationalbullyinghelpline.co.uk



Helpline: 03444 775 774

Text support: 07537 416 905

www.anxietyuk.org.uk



live chat 2-6pm

0300 123 6600

Text: 82111

talktofrank.com



changegrowlive.org



glosrasac.org



#StayAlive

Search for the
'Stay Alive App'



www.kooth.com



Text : 07507 333 351

[www.facebook.com/
ChatHealth](https://www.facebook.com/ChatHealth)

WHERE TO FIND SUPPORT IN SCHOOL

You can speak to your tutor, any member of the 6th Form Team, any adults at school about anything that is worrying you.

However, if you don't feel safe or you're worried about the safety of another student, your safeguarding team is here to help.



Mrs Cole



Mrs Barker



Mrs Alexander



Mrs Brogan



Mrs Dummelow



Mrs Harris