

SOURCES OF SUPPORT FOR STUDENTS



Rednock School
Where everyone matters



Practical and emotional support for young people facing mental health challenges.

Young Gloucestershire (YG) offer a range of services for young people who are beginning to experience challenges with their mental health.

Telephone: 01452 501008

Website: youngglos.org.uk



Gloucestershire Self Harm Helpline provides a safe, supportive, non-judgemental and informative space for people who self harm, their friends, families and carers. The service is able to support anyone living within Gloucestershire, and you can contact the service by telephone, text or webchat during our opening hours, every day 5pm to 10pm.

Helpline: 0808 801 0606

Text Service: 07537 410 022

Website: gloucestershireselfharm.org



Beat provides Helplines for people of all ages, offering support and information about eating disorders no matter where you are in your journey. These Helplines are free to call from all phones. Support on the Helpline is available by phone, email, webchat through our social media accounts and by letter.

Helpline: 0808 8010677

Website: beateatingdisorders.org.uk



Hope Again is the youth website of Cruse Bereavement Support. It has been created for young people, by young people. They offer support, advice and a type of signposting service, solely online to children and young people who have lost a loved one/s. They want to break the isolation that grief brings, by providing a space for young people to explore their grief and feel less alone.

Website: hopeagain.org.uk



Shout is a free, confidential, 24/7 text support service for anyone in the UK who is struggling to cope.

To start a conversation, text the word 'Shout' to 85258. Trained Shout Volunteers are here to listen at any time of day or night and messages won't appear on your phone bill.

Text Service: 85258

Website: giveusashout.org



National Bullying Helpline offers a free confidential helpline service for anyone experiencing bullying and needing advice. This service is available for both adults and children. If you are struggling with bullying, harassment, cyber bullying or anti-social behaviour issues, they can enable you to identify solutions along with practical help.

Helpline: 0300 323 0169

Telephone: 0845 225 5787

Website: nationalbullyinghelpline.co.uk



Kooth is a free, safe and anonymous digital mental health support platform for young people (typically aged 10-25) and adults, providing immediate, text-based access to qualified counsellors and emotional wellbeing practitioners. It offers 24/7 access to peer-to-peer forums, self-help resources, and live, moderated chat sessions, without the need for waiting lists or referrals.

Website: kooth.com



We all go through times when we feel worried, frustrated, angry or sad. When it happens to a young person, it can be confusing, upsetting and they may not know where to turn.

Talk Well work with 9-25 year olds in Gloucestershire. Whatever they're going through, it can help to chat and, critically, to be listened to. It's not just about talking, some young people don't always feel ready to talk.

Text: 07520 634063

Telephone: 01594 372777

Website: letstalkwell.org.uk



The **Stay Alive** app, developed by Grassroots Suicide Prevention, is a suicide prevention resource for the UK, packed full of useful information and tools to help you stay safe in crisis. You can use it if you are having thoughts of suicide or if you are concerned about someone else who may be considering suicide.

Download the Stay Alive App from your app store.



Young Minds Matter 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. The team can offer you support if you are struggling with things like anxiety, low mood or similar concerns. This can be either face-to-face in school online.

Telephone: 07480 635723

Website: ghc.nhs.uk/our-teams-and-services/children-and-young-people/camhs/young-minds-matter



The Door are the leading youth charity across the Stroud district with over 30 years of experience supporting young people and their families when times get tough. So if you need some support or just want a chat, get in touch with their friendly team.

Telephone: 01453 756745

Website: thedoor.org.uk



The Mix is the UK's leading digital charity providing free, confidential support for young people under 25, helping with mental health, money, relationships, and more. They offer online, phone, and social support, including counseling, peer-led community forums, and crisis messenger services to help with any challenge.

Website / Online Chat: themix.org.uk



The Samaritans is a UK and Ireland charity that provides 24/7 emotional support to anyone struggling to cope or feeling suicidal, preventing suicide through listening and human connection, not by giving advice, and aims to reduce isolation by offering a confidential service via phone, email, or chat, funded by donations. They offer a vital lifeline through trained volunteers and also work on broader suicide prevention through awareness.

Helpline: 116 123

Website: samaritans.org



Childline is a free, confidential 24/7 service in the UK for children and young people up to age 19, run by the NSPCC, offering support via phone (0800 1111), 1-2-1 chat, email, and online resources for any worries, from bullying and mental health to abuse, ensuring a non-judgmental space to talk and find help.

Helpline: 0800 1111

Website: childline.org.uk



Chat Health offers confidential help and advice. It's safe and easy for you to speak to a qualified health professional. Just send a message, you don't have to give your name. Discreet and quick. It only takes one message to start making a difference. You'll get confidential advice from trained health staff in your area.

Online Chat: chathealth.nhs.uk



PAPYRUS provides help and advice for young people with thoughts of suicide and also offer support for anyone worried about a young person. They believe that no young person should have to struggle alone with thoughts of suicide.

Helpline: 0800 068 41 41

Online Chat: papyrus-uk.org



Anxiety UK is a national charity offering practical support for those with anxiety and anxiety disorders. It's run by people with lived experience, providing services like 24/7 self-care info, therapy referrals, and support groups for all ages, focusing on managing anxiety and related conditions.

Telephone: 03444 775 774

Website: anxietyuk.org.uk



Frank is a website and telephone helpline offering advice, information and support to anyone concerned about drugs and solvent/volatile substance misuse, including drug misusers, their families, friends and carers.

Text: 82111

Online Chat: talktofrank.com



Change Grow Live (CGL) provides extensive, free, and confidential support services for children and young people (typically up to age 25, depending on the location) dealing with challenges like drugs, alcohol, mental health struggles, or the impact of family substance use. They offer one-to-one support, workshops, and confidential, non-judgmental advice.

Website: changegrowlive.org



Gloucestershire Rape and Sexual Abuse Centre provide confidential and non-judgemental support for all survivors of sexual violence. They listen, understand, believe and support. They provide free, specialist and confidential support for victims of sexual violence or abuse. Open 24 hours a day, 365 days a year.

Helpline: 0808 500 2222

Website: changegrowlive.org



The National Bereavement Service (NBS) provides free, immediate, and impartial emotional support to anyone navigating grief, accessed through telephone, email, or live chat. They offer a compassionate "listening ear" to help manage the emotional impact of loss, including specialized support for suicide, homicide, and traumatic grief.

Telephone: 0800 0246 121

Website: thenbs.org

Where is best to turn?

Anxiety

Anxiety UK
Let's Talk Well
Young Minds Matter
Young Glos

Eating Disorders

BEAT
Let's Talk Well
Young Minds Matter

Bereavement

Hope Again
National Bereavement Service

Counselling

Let's Talk Well
Kooth
The Door
Young Minds Matter

Bullying

National Bullying Helpline
The Door

School Nurse

Chat Health

Depression

Young Minds Matter
The Door
Young Glos

Self Harm

Gloucestershire Self Harm
Helpline
Let's Talk Well
Young Minds Matter

Suicidal Thoughts

Papyrus/Hopelink
Stay Alive App
Samaritans
Let's Talk Well

Child / Domestic Abuse

Childline

LGBTQ+

Young Minds Matter
Let's Talk Well
The Door

Sexual Abuse / Assault

Gloucester Rape & Sexual Abuse
Centre

Drugs & Alcohol

FRANK
Change Grow Live

Exam Pressure

Young Minds Matter
Let's Talk Well

Mental Health Issues

SHOUT
Young Minds Matter
Let's Talk Well
The Mix
Young Glos

Where can I find support in school?

You can talk to 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.

If you're **worried** about something **urgent**, please make sure you let someone know **immediately in person**.
For less urgent worries, you can also email cpconcern@rednockschool.org.uk



Mrs Cole
DSL



Mrs Barker
DSL



Mrs Wytchard
DDSL



Mrs Harris
DDSL



Mrs Wyatt
DDSL



Mrs Watts
DDSL



Mrs Alexander
DDSL