

Signposting Support



There are lots of times in life we might need to access support.

If you have a problem or are feeling low, you may turn to a friend or family member.

You can also get help in school—talk to your form tutor, Head of House or any trusted adult.

Mental Health Support



Kooth is a free online service offering emotional and mental health support for children & young people

KOOTH.COM



Young Minds offers loads of practical tips and advice from young people just like you, as well as information on getting the support you need.

YOUNGMINDS.ORG

Support for Children and Young People



Samaritans provides emotional support to anyone in emotional distress, struggling to cope

CALL 116 123



The Mix is a free, confidential and anonymous service and can be accessed wherever young people are via their website, over the phone or via social

THEMIX.ORG.UK

0808 808 4994



Childline is a counselling service for children and young people up to their 19th birthday

CALL 0800 1111

Support in Warwickshire



Children & Family Support Services have Family support workers available to listen, support and offer advice and guidance to families

CALL 01926 412412



Compass provides health and wellbeing services for children, young people and their families.

COMPASS-UK.ORG

LGBTQ+ Support



Stonewall offer support for LGBTQ+ people everywhere.

STONEWALL.ORG.UK

