



Where to find help?



USEFUL CONTACTS, WEBSITES & APPS FOR SUPPORT WITH YOUR EMOTIONAL HEALTH



Kooth.com

Online counselling and support for your emotional wellbeing



Youngminds.co.uk

Information and support for young people's mental health
Crisis Messenger: Text 'YM' to 85258 (24/7)



Childline.org.uk

Free, confidential helpline and online support
0800 1111 (free 24/7)



Papyrus-uk.org

Confidential suicide prevention support for young people
Hopeline UK: **0800 068 41 41** / Text: **07860039967**



Samaritans.org

Listening helpline and email
116 123 / jo@samaritans.org



Selfharm.co.uk

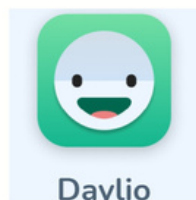
Support for young people impacted by self-harm
Alumina - free online course for young people dealing with self-harm



Beateatingdisorders.org.uk

Information, help and support for anybody affected by eating disorders
Youthline: **0808 801 0711** or webchat

Apps...



IF YOU'RE **11-19** YEARS OLD **TEXT YOUR SCHOOL NURSE**

07507330510

WE HELP STUDENTS WITH ALL KINDS OF THINGS LIKE...

EMOTIONAL HEALTH & WELLBEING **BULLYING**
SELF ALCOHOL HARM **SMOKING**
DRUGS **HEALTHY EATING** **SEXUAL**
CONTRACEPTION **HEALTH**

Text us for confidential advice & support

We do not usually inform your parents, teachers or anyone else if you contact the school nurse. We might inform someone if we were concerned about your safety, but we would usually speak to you first. Your messages are stored and can be seen by other healthcare staff who follow the same confidentiality rules. We aim to reply to you within one working day and you should get an immediate bounce-back to confirm we received your text. Texts will not be seen outside of normal working hours. If you need help before you hear back from us, contact a member of school staff or your doctor. Our text number does not receive voice calls or MMS picture messages. We support messaging from UK mobile numbers only (which does not include messages sent from landlines, international mobile numbers and some 'number masking' mobile apps). Prevent the school nurse from sending messages to you by texting STOP to our number. Please respect your schools mobile phone policy. Messages are charged at your usual rate.



SCAN ME

Useful Contacts for Summer

Childrens Social Care – Support for Children and Families 0300 123 6720 or 0300 123 6722 (after 5pm and weekends)

Police Emergency 999 or Non Emergency 101

ELCAS - <https://elht.nhs.uk/services/paediatrics/east-lancashire-child-and-adolescent-services>

You can also telephone the 24/7 mental health helpline:

0800 923 0110

NSPCC Helpline 0808 800 5000 <https://www.nspcc.org.uk/keeping-children-safe/reporting-abuse/nspcc-helpline/>

Lancashire Healthy Minds <https://www.healthyyoungmindslsc.co.uk/home>

Kooth <https://www.kooth.com/>

Young Minds <https://www.youngminds.org.uk/>

NEST <https://nestlancashire.org/further-help-and-support/childrens-charities/>

Lancashire Youthzone and Talkzone <https://www.lancashire.gov.uk/youthzone/>

Parents Support <https://www.familylives.org.uk/>

The Childrens Society – Wellbeing Activities

<https://www.childrensociety.org.uk/information/young-people/well-being/activities>

Burnley HAF – summer activities

<https://burnleyhaf.org.uk/>

Foodbanks

<https://burnleyfccommunity.org/facilities/bfcitc-foodbank>

<https://burnleytogether.org.uk/our-services/food-support/>

<https://www.cots-ministries.co.uk/>

