

PSHE & RSHE Signposting

In the event that a student requires additional information or has a question they need addressing, then there are a number of people and resources available to them:

Parent / Carer at home
PSHE & RSHE Staff
Form Tutor
Pastoral Support Team
Designated Safeguarding Leads (DSLs)
School Chaplain

Amaze Org Youtube Channel	www.youtube.com/@amazeorg
KOOTH Website:	www.kooth.com/
Rise Above Website	https://riseabove.org.uk/
Bullying Alliance website	https://anti-bullyingalliance.org.uk/
Mental Health Awareness Week	www.youtube.com/hashtag/mentalhealthawarenessweek

There are also a number of organisations available that offer their services and advice / guidance:

The Samaritans	Offer 24 hours free, non-judgemental support www.samaritans.org Tel.: 0330 094 5717
Childline issues	Offer 24 hours free assistance and advice about a wide range of www.childline.org.uk/get-support/contacting-childline/ Tel.: 0800 1111
Young Minds	Offer free, non-judgemental support via a text service for students www.youngminds.org.uk/young-person/ Text: YM (to 85258) Also offer a parent helpline Tel.: 0808 802 5544
Local NHS: urgent Mental Health	Offer 24 hours free, urgent mental health support www.nhs.uk/nhs-services/mental-health-services/ Tel.: 0808 196 4501 Email: access.shropshire@mpft.nhs.uk
NSPCC	Offers 24 hours assistance for adults concerned about a young person www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/ Tel.: 0808 800 5000 [10.00am to 4.00pm Monday to Friday] Email: help@nspcc.org.uk
Healthy Families	Offers advice on healthy living / lifestyles www.nhs.uk/healthier-families/

Citizens Advice	Offers specialist & confidential advice to assist people with legal, debt, consumer, housing & other problem issues in the UK www.citizenadvice.org.uk/ Tel.: 0808 223 1133
Childnet	Offers support to parents and young people with online safety www.childnet.com/
Beat	Offers support to young people with eating disorders www.beateatingdisorders.org.uk Tel.: 0808 801 0811 (Weekdays: 9.00am to midnight) (Weekends: 4.00pm to midnight)
NHS Drug & Alcohol Addiction	Offers support for those who have a drug or alcohol addiction www.nhs.uk/live-well/addiction-support/drug-addiction-getting-help/
Frank	Offers support for those who have a drug or alcohol addiction www.talktofrank.com/ Tel.: 0300 123 6600
National Bullying helpline	Offers support for those who are being bullied www.nationalbullyinghelpline.co.uk/cyberbullying.html Tel.: 0330 323 0169