

OUT OF SCHOOL SUPPORT

You have been given this card in case you feel you need some support on a day when school is closed and therefore the Safeguarding team is not available.

If you are feeling low or unsafe, it is important you talk to someone you trust and let them know how you feel. Sometimes it can be difficult to talk to friends and family so here are some other places you can contact instead:

School nurse duty line - 020 8770 5409

Childline – 0800 1111

Samaritans – 116 123

Hopeline – 0800 068 4141

NSPCC – 0808 800 5000

CAMHS – 0203 513 3800

www.talkofftherecordonline.org

www.nspcc.org.uk

www.selfharmuk.org

www.youngminds.org.uk

www.kooth.com

www.papyrus.org