










## Support during School Holidays

You may not be able to speak to someone at school over the holidays so the following advice might be useful for you to access help and support:

<p><b>1. If you are in danger you must call 999 immediately</b></p>	<p><b>2. If you are concerned about hurting yourself call 111 option 2</b></p>	<p><b>3. If you are feeling concerned about something ring Childline - on 0800 1111.</b></p>	<p><b>4. If you are feeling concerned about something speak to a trusted adult</b></p>
			
<p>You will be asked which emergency service you require and then offered the appropriate support.</p>	<p>This is an NHS helpline and they will be able to talk to you and work out what support you might need.</p>	<p>Explain how you are feeling as they are trained professionals and will be able to direct support to you e.g. counselling, the police or other services. This is a free phone number and can be made from a mobile, home or pay phone. The number will not show on bills so no one will know you have called.</p>	<p>If you have any family or a trusted adult I would advise you to speak to them or go and see them immediately. They will be able to offer you support and someone to talk to.</p>

Whilst this won't be an instant cure to how you are feeling they will understand and be able to talk you through strategies and support available to help you.

### Other Places for Support:

<p><b>Phone support</b></p> 	<p><b>Apps</b></p> 	<p><b>Websites</b></p> 
<p>Samaritans: 116 123          Childline: 0800 1111 - Online          Safety: 0808 800 5002          Shout: Text 'SHOUT' to 85258  <a href="#">Shout</a>          The Mix: 0808 8084994          Young Minds: 0808 802 5544</p>	<p><a href="#">Hidden Strength</a></p>	<p><a href="#">NSPCC</a>  <a href="#">Thinkuknow</a>  <a href="#">Internet Matters</a>  <a href="#">CEOP</a>  <a href="#">Young Minds</a>  <a href="#">Hidden Strength</a>  <a href="#">Parenting support</a>  <a href="#">Support for parents - NSPCC</a>  <a href="#">The Mix</a></p>