



Emergency Contact Numbers

During term time, the following staff are available by email Monday – Friday if you have any worries or concerns.

Mrs Doherty— cdo@baines.lancs.sch.uk

Ms Harkins— hha@baines.lancs.sch.uk

Mrs Early— eeey@baines.lancs.sch.uk

Mr Shilitoe— rsh@baines.lancs.sch.uk

Other help available:



childline

ONLINE,
ON THE PHONE,
ANYTIME
childline.org.uk
0800 1111

You can contact Childline about anything. Whatever your worry, it's better out than in.

There are lots of different ways to get in touch. **Call, Chat online or Email**

Call 0800 1111 www.childline.org.uk



BullyingUK
www.bullying.co.uk

Bullying affects lots of young people and can happen in and out of school but it's the way it's dealt with which makes the difference.

For support contact: -Helpline: 0808 800 2222

www.bullying.co.uk



nest
Lancashire

Nest Lancashire has been set up to support young people aged 10 to 18 who have been affected by crime or subjected to bullying, threats or harassment. You can talk to NEST in confidence and all of the services are free of charge. Call: 0300 111 0323

Text: NEST and your number to 60777

Email: info@nestlancashire.org

www.nestlancashire.org



ChatHealth

A text messaging service called 'ChatHealth' is available for young people aged 11-19 years to use. ChatHealth is a confidential way that young people can text a School Nurse for any advice and support that they may need. School Nurses can provide help with a variety of issues including bullying, emotional well-being, sexual health, smoking and general health issues.

Text – 07507 330510



Free, safe and anonymous
online support for students

Kooth is an online counselling and emotional well-being platform for children and young people, accessible through mobile, tablet and desktop and free at the point of use.
Free, safe and anonymous online support for young people

www.kooth.com

Monday – Friday 12 pm – 10 pm

Saturday – Sunday 6 pm – 10 pm

On Kooth you can



Chat to our friendly
counsellors



Read articles
written by young
people



Get support from
the Kooth
community



Write in a daily
journal



KARMA
NIRVANA

Supporting victims of honour-based abuse and forced marriage.

UK Helpline: 0800 5999 247 Monday - Friday: 9am - 5pm.

info@karmanirvana.org.uk

www.karmanirvana.org.uk

NSPCC 

Cruelty to children must stop. FULL STOP.

The NSPCC offer a free and anonymous FGM helpline 24/7. Call 0800 028 3550 for advice and support or

emailfgmhelp@nspcc.org.uk

Worried about radicalisation?

Don't wait until you're certain. Call the NSPCC helpline if you're worried that a child / young adult is being radicalised. It's free, anonymous and we're here 24/7.

help@nspcc.org.uk



 **Text 07786 51 11 11**

 **Talk online**
lancashire.gov.uk/youthzone

 **Call 0800 51 11 11**

facebook.com/LancashireYPS
twitter.com/LancashireYPS

You can contact us 365 days a year
2pm to 10pm
Confidential information and advice on anything that concerns you.

Get in touch with us at talkzone for advice and support about things that affect you for example:

- Problems at home/school
- Employment or training options
- Apprenticeships
- Sex, health and relationships
- Housing and money issues
- Bullying
- Mental Health
- Staying safe online



Eating disorders are complex mental illnesses. Anyone, no matter what their age, gender, or background, can develop one.

Helpline services provide support and information 365 days a year. Helpline on 08088010677 or 08088010711 for the Youthline. www.beateatingdisorders.org.uk



Advice and information on contraception, STIs, sex, relationships and pregnancy. On-line ask Brook 24/7 tool for the answers to all your questions. www.brook.org.uk Text Ask Brook on 07717 989 023



Working to relieve and support those living with anxiety disorders by providing information, support and understanding.

Text Service: 07537 416 905

Infoline: 03444 775 774 Mon-Fri 9:30am -5.30pm

www.anxietyuk.org.uk



Lancashire LGBT supports a number of groups and activities across Lancashire which provide a diverse range of opportunities for LGBT people. The Lancashire LGBT website provides details of support groups, volunteering, events and an Information and Support Helpline.

www.lancslgbt.org.uk/ 07788 295521



We support LGBTQ (lesbian, gay, bisexual, trans and those questioning their sexual or gender identity) children, young people and their families in the UK.

www.barnardos.org.uk/what-we-do/supporting-young-people/LGBTQ



Mermaids has evolved into one of the UK's leading LGBTQ+ charities, empowering thousands of people. Talk to us on - 0808 801 0400

Helpline Open Monday to Friday, 9am to 9pm

If there is no-one available to talk to and your situation is urgent, please email info@mermaidsuk.org.uk

Mermaids (mermaidsuk.org.uk)



For advice and facts you didn't want to ask,

Alcohol, Abuse, Drugs, Robbery, Esafety, Gangs and Knives, Bullying & No Respect

www.trusted2know.co.uk



Whatever experience you've had with drugs, it can help to get something off your chest. Call FRANK, 0300 123 6600 24 / 7. Text a question to 82111 and FRANK will text you back! Email – frank@talktofrank.com

www.talktofrank.com



If you're looking for advice and information about drugs and alcohol, or mental health issues then we can help.
Freephone 0808 1640074
<https://www.wearewithyou.org.uk/>



It's not always easy to admit it but we all need help sometimes. If you've got a problem or something you're worried about you'll find lots of people and places that can help here.
www.thinkuknow.co.uk



Are you worried about online sexual abuse or the way someone has been communicating with you online? Make a report to one of CEOP's Child Protection Advisors
www.ceop.police.uk/safety-centre

Mental Health – Health and Support

If you are concerned about yourself, a loved one or a friend, these helplines/websites can offer expert advice.

Bipolar UK –A charity helping people living with manic depression or bipolar disorder.
www.bipolaruk.org.uk

CALM -CALM is the Campaign Against Living Miserably, for men aged 15-35.
www.thecalmzone.net

No Panic -Voluntary charity offering support for sufferers of panic attacks and OCD. Offers a course to help overcome your phobia/OCD.
Includes a helpline. Phone: 0844 967 4848 (daily, 10am-10pm) www.nopanic.org.uk

PAPYRUS-Young suicide prevention society. Phone: HOPE line UK 0800 068 4141 (Mon-Fri,10am-5pm & 7-10pm. Weekends 2-5pm) www.papyrus-uk.org

Rethink Mental Illness -Support and advice for people living with mental illness. Phone: 0300 5000 927 (Mon-Fri, 9.30am-4pm) www.rethink.org

SANE -Emotional support, information and guidance for people affected by mental illness, their families and carers www.sane.org.uk/support

SANE line: 0300 304 7000 (daily, 4.30-10.30pm)

Textcare: comfort and care via text message, sent when the person needs it most: <http://www.sane.org.uk/textcare>

Peer support forum: www.sane.org.uk/supportforum

Mind -Promotes the views and needs of people with mental health problems.

Phone: 0300 123 3393 (Mon-Fri, 9am-6pm) www.mind.org.uk