

## Where to get Support



### **Ivybridge Community College Safeguarding Team**

[Safeguarding@ivybridge.Devon.sch.uk](mailto:Safeguarding@ivybridge.Devon.sch.uk)

**Samaritans** (116 123) operates a 24-hour service available every day of the year. If you prefer to write down how you are feeling, or if you are worried about being overheard on the phone, you can email Samaritans [at\\_jo@samaritans.org](mailto:at_jo@samaritans.org).

**Pete's Dragons** (01395 277780) provides specialist support and advice for those affected by suicide in any way via telephone or email at [admin@petesdragons.org.uk](mailto:admin@petesdragons.org.uk).

**Childline** (0800 1111) runs a helpline for children and young people in the UK. Calls are free and the number will not show up on your phone bill.

**PAPYRUS** (0800 068 41 41) is a voluntary organisation which speaks openly about suicide and supports teenagers and young adults who have may suicidal thoughts. You can also get in contact with Papyrus via text on 07786 209697 or email via [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org).

**Depression Alliance** is a charity for people with depression. It does not have a helpline, but offers a wide range of useful resources and links to other relevant information: <http://www.depressionalliance.org/>

**Students Against Depression** is a website for students who are depressed, have a low mood or are having suicidal thoughts: <http://studentsagainstdespression.org/>

**The Sanctuary** (0300 003 7029) operates a 24-hour service available every day of the year, for people who are struggling to cope - experiencing depression, anxiety, panic attacks or crisis.

**Andy's Man Club** now has four groups across Devon (Plymouth, Newton Abbot, Torbay, Exeter). It provides men with a safe, non-judgemental, confidential place to chat and get stuff off your chest. To gain access during lockdown, any man over 18 can email [info@andysmanclub.co.uk](mailto:info@andysmanclub.co.uk).

**SHOUT** (85258) is a 24/7 UK crisis text service available for times when people feel they need immediate support.

By texting 'SHOUT' to '85258' a Texter will be put in touch with a trained Crisis Volunteer (CV) who will chat to them using trained techniques via text. To get help or find out more about how Shout works, visit the [Get Help](#) page.

**Children and Adolescent Mental Health Service (CAMHS)** Crisis Helpline: 01752435122