

How can I talk to someone?

1. In person
2. Pass them a note/send an email
3. Phone an external charity for support – see The Ivybridge Way Help Posters.
4. Write to

antibullying@ivybridge.devon.sch.uk

or

safeguarding@ivybridge.devon.sch.uk

Kooth is an online and confidential service giving help and advice about emotional health
kooth.com





ChildLine
 0800 1111



"It's alright to ask for help"



SAMARITANS
 116 123

Having a mental health crisis?




Text **YM** to **85258**

YOUNGMINDS Crisis Messenger
powered by shout 85258

HEALTH FOR TEENS

EVERYTHING YOU WANTED TO KNOW ABOUT
 HEALTH RELATIONSHIPS FEELINGS LIFESTYLE
 GROWING UP BUT DIDN'T WANT TO ASK.

HEALTHFORTEENS.CO.UK

TWITTER: @HEALTHFORTEENS1 #HEALTHFORTEENS



THE MIX

Essential support for under 25s



☎ **0808 808 4994**



PAPYRUS
 PREVENTION OF YOUNG SUICIDE



HOPELINEUK 0800 068 41 41
 No young person should have to suffer alone with thoughts of suicide

Need to talk?



If you are under 18 and living in Plymouth you can call for mental health advice and support **24/7**

Urgent Response 01752 435122



Livewell Southwest



Jeremiah's Journey



Children & Families in Grief



mhm
 mentalhealthmatters



SPACE YOUTH SERVICES



stem4
 supporting teenage mental health




Help for England
 Helpline: 0808 801 0677
 Email: help@beateatingdisorders.org.uk





PETE'S DRAGONS
 Comfort after suicide loss

