

# 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](mailto:antibullying@ivybridge.devon.sch.uk)  
or  
[safeguarding@ivybridge.devon.sch.uk](mailto: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 4141**

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** South West



**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




**the ZONE**



**PETE'S DRAGONS**  
Comfort after suicide loss