



Safeguarding

Who can I talk to?

My Tutor

My Teacher

My Pastoral Leader

My SENDCo

My College Director

Senior Leadership

How can I talk to someone?

1. In person
2. Pass them a note/send an email
3. Contact an external charity for support
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



Beat Eating disorders

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

the ZONE

PETE'S DRAGONS
Comfort after suicide loss



