

# Safeguarding

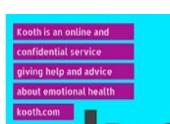
## Who can I talk to?

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









Having a mental health crisis?

**Text YM to 85258** 

YOUNGMINDS Crisis Messenger





**HEALTH TEENS** 

**EVERYTHING YOU WANTED TO KNOW ABOUT** 

HEALTH RELATIONSHIPS FEELINGS LIFESTY

GROWING UP BUT DIDN'T WANT TO ASK.

**HEALTHFORTEENS.CO.UK** 

TWITTER: @HEALTHFORTEENS1 #HEALTHFORTEENS



Essential support for under 25s



**2** 0808 808 4994





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





**C**hildren &









**Help for England** 

Helpline: 0808 801 0677 1757

Email: help@beateatingdisorders.org.i





