

Support DURING THE HOLIDAYS

YOU MAY NEED SUPPORT OVER THE SCHOOL HOLIDAYS WITH YOUR MENTAL HEALTH, ANXIETY OR SOMETHING ELSE. IF THIS IS THE CASE, THERE ARE EMAIL ADDRESSES, PHONE NUMBERS AND CONTACT DETAILS BELOW WHICH WILL ALLOW YOU TO ACCESS SUPPORT. PLEASE ASK FOR HELP IF YOU NEED IT. **THERE IS ALWAYS SOMEONE THERE FOR YOU.**

WELFARE@MOAT.LEICESTER.SCH.UK

THIS EMAIL ADDRESS IS CHECKED REGULARLY BY OUR SAFEGUARDING STAFF, WHO WILL GET BACK TO YOU AS SOON AS POSSIBLE. IT WILL ALSO TRIGGER AN AUTOMATED RESPONSE WHICH CONTAINS ALL OF THE INFORMATION BELOW.

POLICE 101
999 IN EMERGENCY

NSPCC
08088005000
WWW.NSPCC.ORG.UK

SAMARITANS 116123

SAMARITANS CAN ALSO BE CONTACTED VIA ON-LINE CHAT AND
EMAIL FROM THIS ADDRESS: [HTTPS://WWW.SAMARITANS.ORG/HOW-
WE-CAN-HELP/CONTACT-SAMARITAN/](https://www.samaritans.org/how-we-can-help/contact-samaritan/)

CHILDINE
08001111

CENTRAL ACCESS POINT

08088003302

THIS IS A 24HR OPEN LINE FOR ANY CALLS RELATING
TO MENTAL HEALTH

NHS 111
OPTION2 MH SERVICE

WWW.YOUNGMINDS.ORG.UK
THIS IS A REALLY GOOD WEBSITE IF YOU NEED SUPPORT OR ADVICE
ABOUT SOCIAL MEDIA AND MENTAL HEALTH



Moat Community College