



Who can help me?



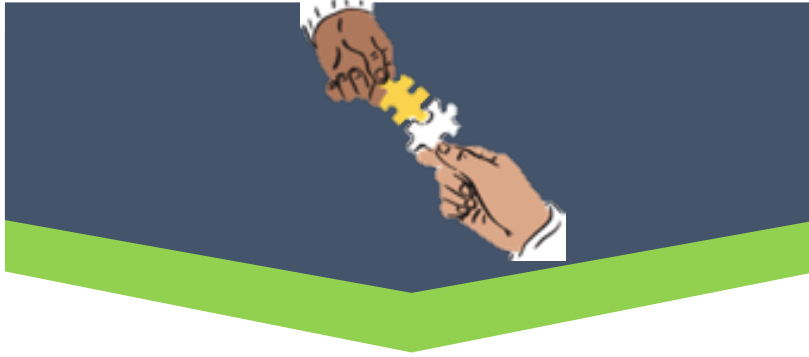


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Who can help me in school?

In Residence:



Chris



Les



Lynda



Emily



Rachel



Helen



Jenny

Wellbeing Team:



Steph
Wildman



Donna
Norton



Julie
Greatbach

If you would like to talk to the Wellbeing Team, you can speak to them yourselves, ask staff to get in touch with them or you can email them on:

wellbeing@walton.set.org



Who can help me in school?

Safeguarding team:

Designated Safeguarding Lead (DSL)

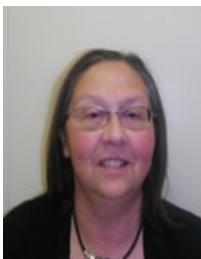


Donna Norton

Deputy designated safeguarding leads (DDSL)



Julie Wood Principal	Laura Paget Vice Principal	Chris Frid Head of care	Dawn Wall Assistant Principal	Karen Walker Assistant Principal	Susan Phung Assistant Principal
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Elizabeth Pohl
Link academy councillor for safeguarding



Heather Rigby
School nurse



Who can help me outside of school?

Announced Visitor:



Gill Venables

I come visit residence and make sure it runs properly. I am here to help and listen to you.

Independent Visitor:



Amanda Cameron

I am here if you want to talk or need someone to listen to if you have something on your mind. You can call me on 07708649802



Nichola Philpott

I am here if you want to talk or need someone to listen to if you have something on your mind. You can call me on 07895739423

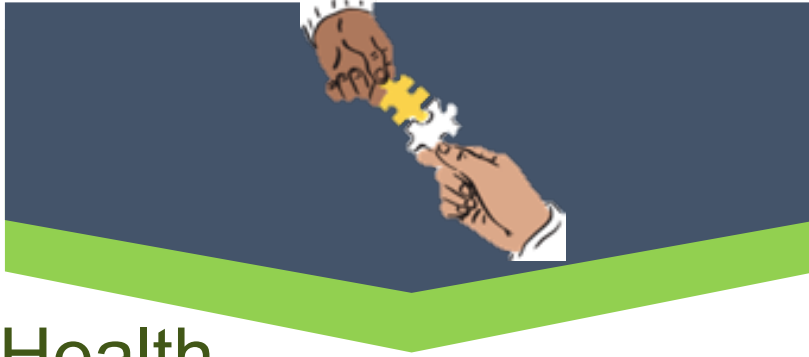


Who can help me outside of school?

Sometimes we need some help outside of school, in the half term or in the summer holidays. The next few pages will discuss what charities/companies/agencies can help us in multiple ways. For example, with our mental health, bullying and more.

Remember it is ok, not to be ok! We all need someone to listen to our feelings and sometimes we





Mental Health

Mental Health Support Team:



Mental Health Support Team (MHST) are a local service that work with the school to offer you support with: low moods, anxiety, sleep difficulties, worry and panic. Staff in school can help refer you to this service.

YoungMinds



YoungMinds are the UK's leading charity fighting for children and young people's mental health. There is lots of information regarding feelings, mental health conditions, medications and more.

Samaritans



Samaritans is a charity that offers support for people who might be struggling to cope, who needs someone to listen without judgement or pressure. You can contact them via phone, email, letter. You can also get support by visiting a branch and via their self-help app. You can call them 24/7 every day on **116 123**.



Shout



Shout is a free, confidential, 24/7 text messaging support service for anyone who is struggling to cope. Text them on **85258**.

The Mix



The Mix is a free, confidential, support service for those between the ages of 11-25. They offer support from mental health, to money, from break-ups to drugs. They offer an online group chat which is open Sunday-Thursday 8-9:30pm. You can call them on **0808 808 4994 from Monday-Friday, 4pm-**



Kooth



Kooth is an online mental wellbeing community for young people aged between 11-18 years old. They offer discussion boards; online chat with their team and have an online daily journal to track your feeling or emotions.

Anna Freud



Anna Freud
building the mental
wellbeing of the
next generation

Anna Freud is a children's charity that is dedicated to support mental health services for children. They offer information about conditions such as depression, body dysmorphic order, alcohol misuse, to finding services near you. They also offer a 24/7 free text messaging service. Text **AFC** to **85258**.

NHS Freephone



The NHS offer a Freephone 24/7 Urgent Mental Health Helpline. If you live in South Staffordshire call **0808 196 3002**. If you live in Shropshire, Telford and Wrekin call **0808 196 4501**. If you live in North Staffordshire, you can ring **0800 0 328 728** and choose **Option 1**.

All of these above are brilliant if you need support, however, if you are struggling with your mental health, it is also good to go see your GP/Doctor and they can support you further, either with therapy, medication or more.



Bullying

Bullying is behaviour that hurts someone else that is repeated and intentional. It includes name calling, hitting, pushing, spreading rumours, threatening, or undermining someone.

It can happen anywhere – at school, at home or online. It's usually repeated over a long period of time and can hurt a child both physically and emotionally.

Bullying is never ok, and it is not your fault! Tell your family, friends, teachers or whoever you trust.





Who can help me with bullying?

CHILDLINE

childline

ONLINE, ON THE PHONE, ANYTIME
childline.org.uk | 0800 1111

If you are under the age of 19 years old Childline could help you with bullying. They have information about all forms of bullying. If you need help you can check out their message boards. You can “Ask Sam” for help. You can also ring them on **0800 1111**/ email /log in for a 1-1 counsellor chat (BSL available)

Teens Health



Both, Teens Health and YoungMinds offer information about bullying such as what is bullying; what kind of people are bullies and what can I do. YoungMinds also offer real-life stories shared that you may be able to relate too.

Bully Busters



Bully Buster are an Anti-Bullying Project which offers information on bullying, the types; effects; why do people bully. You can ring them on 0800 196 6928 Monday – Friday between 3:00pm – 6:00pm. This won't show up on your phone bill and they will ring you back if needed.



Ditch The Label



Ditch the label is a charity that is a global youth charity that helps young people “navigate the tough stuff”. If you are aged between 12-25 Ditch the Label have articles to help with not only bullying but also, mental health, identity and relationships. You can also get free, anonymous advice from a trained mentor.

Red Balloon Learner

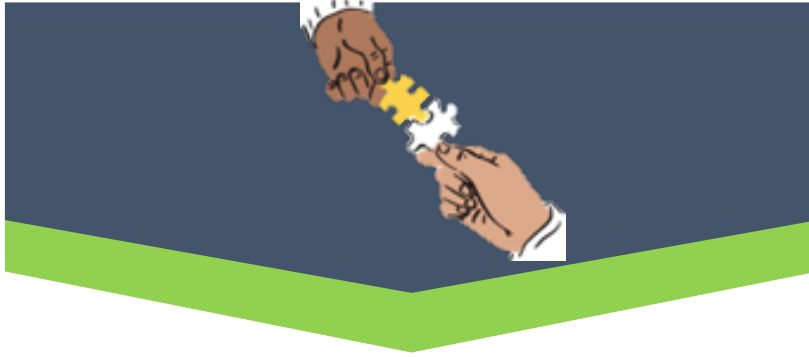


Red balloon Learners provide intensive, full-time education for children aged between 9 and 18 who feel unable to return to school because they have been severely bullied. There are Red Balloon Centres all over England, and they also have a programme of online support called RBAir.

Anti-Bullying Alliance



The Anti-bullying alliance (ABA) is a unique coalition of organisations and individuals, who work together to stop bullying and create safer environments for children and young people. They offer advice and support on their website about bullying.



Abuse

Abuse is when anyone is either being harmed or not properly looked after. There are four main categories of abuse: physical abuse, emotional abuse, sexual abuse, and neglect. It is not always easy to know what's abuse or what to do about it. Look below to find out which charities/organisations can help you learn about the different types and how to get support.





Childline

childline

ONLINE, ON THE PHONE, ANYTIME
childline.org.uk | 0800 1111

ChildLine have information about all types of abuse from: physical abuse to neglect; from forced marriage to breast flattening; from domestic abuse to child trafficking. You can also ring them on **0800 1111** and there are videos on how to ask an adult for help, also available in BSL.

MENCAP

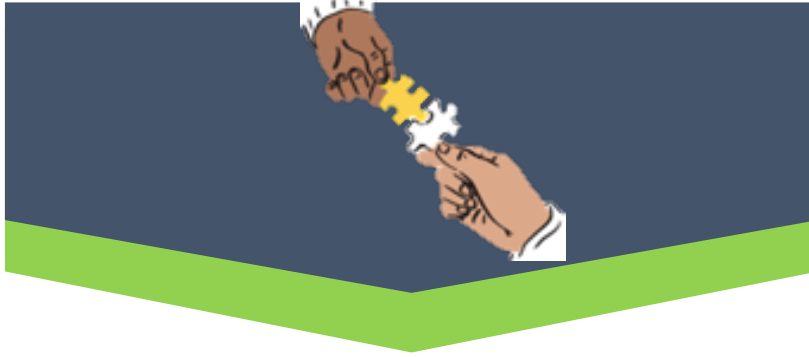


Mencap is a charity that helps people with learning difficulties that can help you if you are being abused or if you want more information on abuse. You can go through their helpline – **0808 808 1111**, their email or they have an online form. Also they have an online community that might be able to answer any questions you

Respond



Respond is a charity that provides therapy and specialist support for people with learning difficulties, autism or both who have experienced abuse, violence, or trauma. You can fill out a referral form on their website and someone will contact you or you can ring **020 7383 0700** for further help.



Teens Health



Teen health offers information on abuse, how to recognise it, what can stop someone from reporting and most importantly they state **keep telling adults until someone responds.**

Child Helpline International



Child helpline offers answers to some of the questions you may have about being a seed such as: who do I report Child abuse too? Will my parents go to jail? I'm a minor and an adult online just sent me some pornographic pictures, what do I do?

Stop it now



Stop it now are a charity that works towards preventing Child Sexual Abuse. They have a helpline, online chat or email service that can be for those who are worried about their own sexual feelings and/or behaviours or others feelings and/or behaviours towards them. Contact them on **0808 1000 900.**



Respect



Respect Phoneline offers support to those who may need help if they are being violent or need help to understand if you are being abusive towards your partner/friend/family. They offer a phoneline service **0808 802 4040** which is available Monday-Friday from 10am-5pm.

Victim Support



Victim support are a charity that helps those who have been affected by any forms of crime – including abuse, whether this is being involved (being a victim) or witnessing. They offer information on how to report a crime and about what are your rights. They have a live chat on their website where you can talk to

The MIX



The MIX has information through expert advice and true stories around all different forms of abuse from financial abuse to emotional abuse and if you have been a witness. The online group chat is open Sunday-Thursday 8-9:30pm or you can call them on **0808 808 4994** from Monday-Friday,



Disability/Learning Difficulties

A disability is when someone has a physical or mental impairment that has a substantial or long-term effect on their ability to carry out normal day-to-day activities. A *learning disability* is a reduced intellectual ability and difficulty with everyday activities – for example household tasks, socialising or managing money – which affects someone for their whole life. People with a learning disability tend to take longer to learn and may need support to develop new skills, understand complicated information and interact with other people.

Someone with a disability or learning difficulty does not mean they are “unable” and shouldn’t have the same experiences as someone who doesn’t.





The Prince's Trust



Prince's Trust

**START
SOMETHING**

The Prince's Trust is a charity that offers free training and programmes to develop your skills and confidence to find a job or to start a business regardless of ability. For more information, you can go to their website, speak to them on their live chat or ring them on [0800 842 842](tel:0800842842).

SCOPE

SCOPE

Scope is a disability equality charity that provides emotional support and practical information when it is most needed. They offer advice and support through their website; their online community; telephone helpline and support services. You can call them for free on [0808 800 3333](tel:08088003333) or you can email them on helpline@scope.org.uk.

The National Autistic Society



The National Autistic Society are a charity that work to transform lives and change attitudes to help create a society that works for autistic people. They offer support and advice on their website from benefits and money to sensory differences and much more. They also have an online community where you can share



Action for Kids



Actions for Kids is a charity that helps young people with physical and learning disabilities across the country find greater levels of independence and opportunity. You can get help getting mobility equipment and with getting ready for work.

Disability Rights UK



Disability Rights UK is led by, run by, and working for Disabled people. They work to influence change for better rights, benefits, quality of life and economic opportunities. They offer resources from as benefits to health and social care and transport. They also offer helplines for disabled students; welfare right advice and personal budgets.

Shape Arts



Shape Arts is a disability-led arts organisation which works to improve access to culture for disabled people by providing opportunities for disabled artists, training cultural institutions and through running participatory arts and development programmes. They also offer helpful recourses for artists on their website.



Drugs, Alcohol and Addictions

A drug is any chemical that you take in – whether as a pill, a liquid, a powder or in another form – which can affect the way you think, feel and act. This includes alcohol.

A drug can be something legal and commonly used, like headache tablets. However, generally when we talk about drugs, we mean illegal drugs or drugs that people take for enjoyment or any other non-medical reason. There are lots of different reasons why people might take drugs or drink alcohol – this doesn't make them a bad person.





FRANK



FRANK is a website that gives you information on all forms of drugs. They have news and articles from spiking to edibles and offer help and advice on their website . If you need advice, you can call them on **0300 123 6600** 24/7, 7 days a week or text FRANK to **82111**. They also have a live chat an email service.

We Are With You



We Are With You is a charity providing free, confidential support to people experiencing issues with drugs, alcohol or mental health. Whether you need advice for yourself or someone else they have online information to help you and/or others. They have an online interactive tools and online chat service.

Turning Point



Turning point if a charity that helps those with a learning disability with mental health problems, drug and alcohol abuse or unemployment. They offer a range of services depending on what you may need, from detox and residential rehab to supported living and aftercare support.



Barnardo's



Barnardo's is a charity that help's children, young people and their families with a variety of problems someone may have. They offer counselling and support for children, young people and their families to help them turn their lives around. You can find a service near you

The Children's Society



The Children's Society is a charity that helps young people facing all sorts of life challenges, from addiction, to abuse and exploitation. That have information and facts on what is substance misuse and they offer substance misuse services.

Release



Release is a charity that provides information and help with drugs and about drugs law. Their website offer information on all drugs and about laws and rights from legal advice to policing and drugs. They offer an email service you can contact or ring their helping on **0207 324**

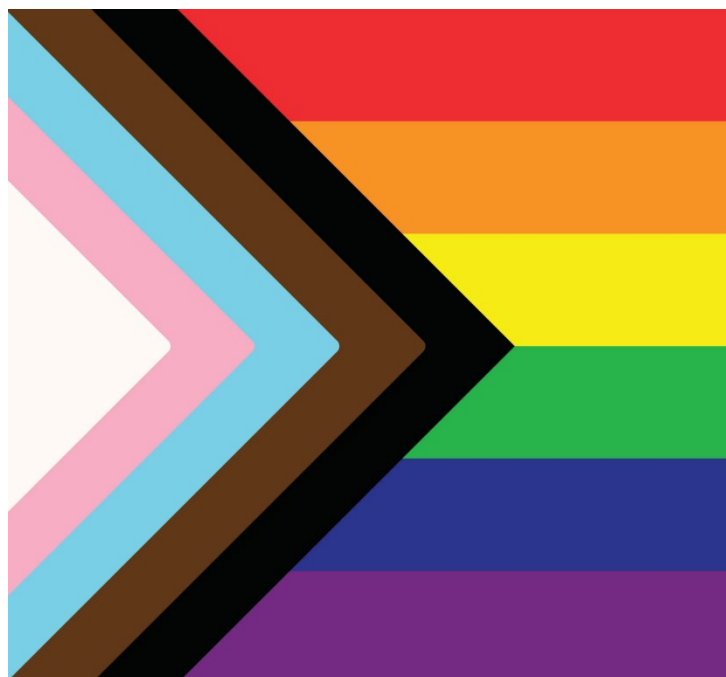


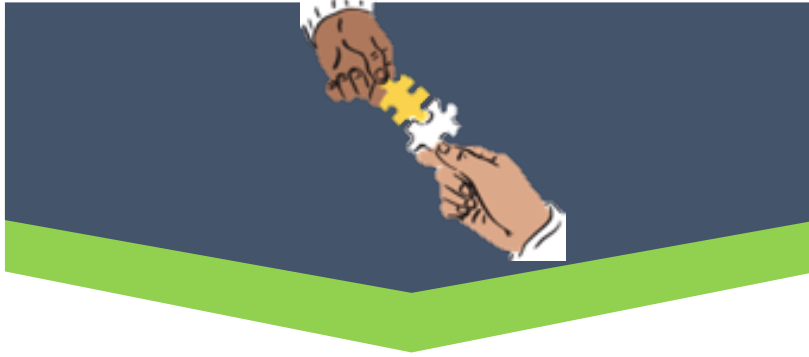
LGBTQ+

LGBTIQA+ (communities or populations aka Queer Community) stands for Lesbian, Gay, Bisexual, Trans/transgender, Intersex, Queer/questioning, and Asexual – and is one of many acronyms that represent common sexual and gender identities and bodies in the community. The + symbol is used to show that there are many more ways to be gender, sexually or body diverse.

Check out: <https://kidshelpline.com.au/teens/issues/lgbtiq-ultimate-dictionary>

For more information on terms you may here that relate to LGBTQIA+





SAGE LGBT

S.A.G.E

Sexuality And Gender
Empowerment

SAGE is a Staffordshire-based charity that supports LGBT+ people, their families and friends. They also welcome people who are questioning their gender and/or sexuality. They offer 1:1 support; group support; signposting and training. You can ring/text/WhatsApp them on **07764 457 591**.

Kaleidoscope – LGBTQ+ Support



Kaleidoscope is run by Staffordshire Sexual Health Charity. They offer counselling sessions and Drop-In Sessions where the team will answer any questions you have. They also offer support groups and education and training. You can call them on **01782 201251** or email them.

Allsorts Youth Project

allsorts youth project

The Allsorts Youth Project is a charity that connects and supports children and young people under the age of 26 are LGBTQ+ or exploring their sexual orientation and/or gender identity (LGBT+) and their families. They offer group and 1:1 sessions for kids, young people, and young people of colour. They offer help for families and carers. To contact you have to email them.



AKT



AKT is a charity that helps those who are in the LGBT+ community that are facing or experiencing homelessness. AKT can help you to: stay safe; Provide support and advocacy to find emergency accommodation; Access specialist support; Develop skills, identify and achieve life goals. They have a live-Chat or have a self-referral form on their website.

GALOP



Galop is a charity that help support those in the LGBT+ community who have experienced abuse and violence. You can refer yourself into one of their services where you can talk to a professional; Access their online community or ring them on their helpline on **0800 999 5428**.

Mermaids



Mermaids is a charity that supports trans, non-binary and gender-diverse children and young people. Mermaids offer information and definitions for terms you may hear and advice on what you can do to get help. They offer a teens forum; a webchat or you can ring their helpline on **0808 801 0400** from Monday-Friday between 9am-9pm.