



Student directory of services

If you are looking for more information to look after your own wellbeing and emotional health or you feel you need some support, this is a comprehensive list of services, websites and charities that are able to give you the support, information and help that you need.

Generic support

Childline	http://www.childline.org.uk 0800 1111
Kooth online counselling	https://www.kooth.com
CAMHS crisis	01923 633400
Samaritans	116 123
MindEd UK	https://www.minded.org.uk/
Young Minds	http://www.youngminds.org.uk/
NHS Chat health	NHS free text line 07480 635050
Health for teens	www.healthforteens.co.uk
Mental health foundation	https://www.mentalhealth.org.uk/

LGBTQ+ support

Who not what student group – Herts County council	http://www.youthconnexions-hertfordshire.org
Gendered intelligence – trans support services	http://genderedintelligence.co.uk/trans-youth/youth-group
Stonewall	http://www.stonewall.org.uk
Mermaids	https://www.mermaidsuk.org.uk/
LGBTQ+ guide for Hertfordshire	https://www.hertfordshire.gov.uk/media-library/documents/about-the-council/data-and-information/equality-and-diversity/herts-lgbt-guide.pdf

Self-harm support

Self-harm UK	https://www.selfharm.co.uk/
Youth Scape	https://www.youthscape.co.uk/
Alumina	http://alumina.selfharm.co.uk/

Anxiety, stress and depression support

Blurt Foundation	http://blurtitout.org/
Beat it	http://www.beatit.org
Respect Yourself	http://respectyourself.org.uk
Kooth online counselling	https://www.kooth.com
Young minds	https://youngminds.org.uk/find-help/conditions/anxiety/



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Bullying

Anti-bullying pro campaign	http://www.antibullyingpro.com/
Kid Power	http://www.kidpower.org
Kidscape	http://www.kidscape.org.uk

Bereavement

Winston's wish	http://www.winstonswish.org.uk
Grief Encounters	http://www.griefcounter.org.uk/
Child Bereavement	http://childbereavementuk.org
Stand By Me	http://stand-by-me.org.uk/

Eating disorders

B-eat charity	https://www.b-eat.co.uk/
Fixers Teenage eating disorders	http://www.fixers.org.uk/fixing-eating-disorders/

Sexual health and relationships

NHS Chat health	NHS free text line 07480 635050
Health for teens	www.healthforteens.co.uk
NHS sexual health	http://www.nhs.uk/Livewell/Sexualhealthtopics/Pages/Sexual-health-hub.aspx
Healthy relationship advice	http://www.disrespectnobody.co.uk/

Suicide awareness and support

MindEd Trust	http://themindedtrust.org/
The OLLIE foundation	http://www.theolliefoundation.org/
Papyrus UK	https://www.papyrus-uk.org/ Call: 0800 068 41 41 Text: 07786 209697
Mental health crisis team	0300 777 0707
Hector's House	https://hectorshouse.org.uk/
Samaritans	116 123

Remember, if you want to talk to someone there are plenty of people in school who are ready and willing to support you: Mrs Laycock, Mr Laycock, Mrs Brazier, Mrs Southall, your head of year, your form tutor and any other member of staff that you feel comfortable with.