

Where can I get help and advice when I'm not in school?

NHS Direct : **Tel. 111 or online www.nhs.uk**

Mental wellbeing issues: **www.youngminds.org.uk**

Childline : **Tel. 0800 1111 or online www.childline.org.uk**

NSPCC : **<https://www.nspcc.org.uk/keeping-children-safe/>**

**In an emergency only, Police/Ambulance/Fire Service:
Tel. 999**