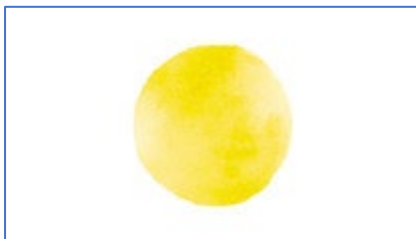


**We work in partnership with a range of partners, including local and national charities, health professionals, trusts and more. We identify which partners may be able to support pupils and families, and work together to ensure each pupil has the support they need.**

**Logos will direct you to the organisation's website.**

## **YOUNG**MINDS

An resource for positive well-being and support of young people. They offer online and face to face support for young people



When the tension goes: A really simple and easy to use website which highlights a range of techniques to help you be positive and look after your mental health



A charity to support families and individuals which are looking for key support.

Sessions are priced depending on income and you can access help quickly and confidentially



Based in Winchester, this Charity works specifically with pupils who have been affected by sexual abuse or been involved in rape or unwanted sexual experiences.



Support with anxiety and loneliness. Online resources to support with Anxiety, Stress Management and General Mental Health.



Whatever you're going through, call us free any time, from any phone, on 116123. We offer a safe place for you to talk any time you like, in your own way – about whatever's getting to you. We won't judge you or tell you what to do; we'll listen to you.



Child Adolescent Mental Health Services has been around for many years and has some excellent web pages giving specific advice around subjects like anxiety, self-esteem and key mental health issues



A local charity working around drugs and alcohol. Their qualified workers can support pupils in and out of school and also offer great advice around this subject



A National charity that works with pupils who have lost a family member or close friend. Jo Clarkson, one of their workers, has supported pupils at the Westgate for a number of years



Child line offers free, confidential advice and support whatever your worry, whenever you need help



An app specifically designed to educate 11-18 year olds about mental health, emotional wellbeing and to provide skills young people can use to build resilience and stay well.



A 24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere.

It's a place to go if you're struggling to cope and you need immediate help.