

Where to access support

In school:

A member of staff that you feel comfortable with.

- Form Tutor
- Head of Year
- Pastoral Hub. Not only are there staff to speak to but there is also a wide range of advice cards and leaflets available within the HUB.

Alcohol and Drug Support:

We Are With You – wearewithyou.org.uk (free online chat). 01942 827979

This service is for you if you are under 18, living in Wigan, you're worried about either your drug or alcohol use, or someone else's.

Mental Health Support:

- Wigan mental health urgent response team. 24/7 mental health crisis line for people of all ages in Wigan. **01942 636395**
- CAMHS. **01942 775400** Here for all young people aged up to 18 and can help you with any problems or worries you might have.
- The Samaritans – **116 123**. Email jo@samaritans.org
- Papyrus HOPELINEUK. Charity for the prevention of young suicide. **0800 068 4141**
- Visiting your nearest A&E department or calling 999 for life threatening emergencies.
- Kooth (free online counselling for 11-18 year old, chat forums and self-help information. **kooth.com**)
- Young Minds (charity dedicated to young people's mental health. They provide support to young people across the UK and to parents with concerns). Text YM to 85258

STIs and Pregnancy Support:

Spectrum. Delivers sexual health services for women, men and young people across Wigan and Leigh. 01942 483188

Online Grooming Support:

- CEOP make reporting online grooming easy. Whether you're a parent, worried adult or young person you can make a CEOP report online. Google CEOP and follow the advice to submit a report.
- You can also contact your local child protection services or the police to report your concerns about any type of grooming – whether it's online, in person or both.
- Think U Know www.thinkuknow.co.uk Advice on how to stay safe online and what to do if anyone makes you feel worried or uncomfortable online.
- **Call 999** if you or someone you know is at immediate risk.

- **Call 101** if you think a crime has been committed
- **Childline** provides free advice and support for young people. Whether it is happening now or in the past contact Childline on, **0800 1111**.

Sexting Support:

To get an explicit image removed you can:

- Report the image to the site or network that is showing your image.
- Contact the Internet Watch Foundation. This can be done anonymously. You can report to the IWF through the ChildLine website. All you have to do is verify your age using an app called Yoti. You will then be taken to the IWF website where you can report images, video and the websites these images have been posted on.
- If you have been affected by Sexting and need support you can call **Childline on 0800 1111**. **Counsellors** are on hand to listen and support.

Harassment and Stalking Support:

- Childline 0800 1111
- 24-hour National Domestic Violence Freephone Helpline 0808 2000 247
- Relate www.relate.org.uk
- Police 999 or 101
- Respect - support those exhibiting controlling behaviours 0808 802 4040
- Men's Advice Line - supports men with controlling partners 0808 801 0327

LGBTQ

- BYOU The Proud Trust. A support project for people in Wigan and Leigh (under 19) who are lesbian, gay, bisexual or transgender.
- Your Head of Year or the Pastoral Hub can also direct you to support within school. For example, we have the LGBT group that meets regularly.
- LGBT Foundation Manchester. This website has information on events, news and lots of places to get support if you're LGBT and living in Greater Manchester.
- Stonewall is a national campaigning and lobbying charity for the rights of LGBT people. They provide support and resources to help others do the same.
- Mermaids. www.mermaidsuk.org.uk Support for you and your family if you're young and are questioning your gender identity.
- To report a hate crime. Call Crimestoppers on 0800 555 111