

# GENERAL Signposting support



*Support for the whole community: It is important that support networks are communicated with young people. During the induction process we will ensure young people know that Sparks Learning staff are trained and available to listen if they wish to discuss any specific worries or concerns.*

[Childline - www.childline.org.uk](http://www.childline.org.uk) – A free, confidential service for children under the age of 19 to obtain counselling support online, via email or the phone – 0800 11 11 11

The Mix - [www.themix.org.uk](http://www.themix.org.uk) – A free and confidential multi-channel service for young people aged between 13-25 years old – 0808 808 4994

Youth Access - [www.youthaccess.org.uk](http://www.youthaccess.org.uk) – Finding access to local counselling services for young people

The Samaritans [Giving children and young people space to talk about mental health](https://www.samaritans.org/for-children-and-young-people) or call free from any phone on 116123

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/>

[#AskTheAwkward - help to talk with your children about online relationships](https://www.nspcc.org.uk/keeping-children-safe/online-safety/#AskTheAwkward)

# Signposting support for Mental Health



Young Minds [www.youngminds.org.uk](http://www.youngminds.org.uk)  
<https://www.youngminds.org.uk/young-person/coping-with-life/>  
Good range of support for many issues.

[Kooth](#) - Your Online Wellbeing Community.

Mind [www.mind.org.uk](http://www.mind.org.uk) and for e-learning opportunities —  
Minded [www.minded.org.uk](http://www.minded.org.uk)

[Young People's Well-being Guide for Stressful Situations](#) advice  
created for and by young people to be discussed in tutor groups  
(The Children's Society)

[Self-care tips videos for young people - Every Mind Matters -  
NHS](#) Could use a different link for each year group - see below.

[Health For Teens](#)

[Ask Sam | Childline](#) - Young people can write to Sam to ask for  
advice.

[Message boards | Childline](#) Safe online message boards for  
young people to share.

Anxiety UK: [www.anxietyuk.org.uk](http://www.anxietyuk.org.uk)

OCD UK: [www.ocduk.org/ocd](http://www.ocduk.org/ocd)

<https://www.childrensmentalhealthweek.org.uk>

Beat – the eating disorders charity:  
<https://www.beateatingdisorders.org.uk>

[Ask Sam | Childline](#) - Young people can write to Sam to ask for  
advice.

[Message boards | Childline](#) Safe online message boards for  
young people to share.

National Self-Harm Network: [www.nshn.co.uk](http://www.nshn.co.uk)  
Harmless: [www.harmless.org.uk](http://www.harmless.org.uk)

Prevention of young suicide UK – POPYRUS: [www.papyrus-uk.org](http://www.papyrus-uk.org)

*A free and confidential helpline for young people who may be  
contemplating harming themselves or committing suicide – 0800  
068 4141*

Youth Access - [www.youthaccess.org.uk](http://www.youthaccess.org.uk) – Finding access to  
local counselling services for young people

The Samaritans [Giving children and young people space to talk  
about mental health](#) or call free from any phone on 116123

# Signposting support for Relationships



[#AskTheAwkward](#) - help to talk with your children about online relationships

Respect Phone Line - [respectphoneline.org.uk](https://respectphoneline.org.uk) - A confidential and anonymous helpline for anyone concerned about their violence and/or abuse towards a partner or ex-partner  
– 0808 802 4040

[Thinkuknow](#) The National Crime Agency's CEOP Education team aim to help protect children and young people from online child sexual abuse.

[Stop It Now! UK and Ireland](#) - Online self-help & confidential Stop It Now! helpline for anyone worried about child sexual abuse.

# Signposting support for Online Safety



[Keeping children safe online | NSPCC](#) - The NSPCC Online Safety Hub.

[UK Safer Internet Centre](#) Support and advice about staying safe online.

[Supporting online wellbeing for children with](#) Special Educational needs.

[Thinkuknow](#) The National Crime Agency's CEOP Education team aim to help protect children and young people from online child sexual abuse.

Support from [childline.org.uk](#) (Sexting)

[Remove a nude image shared online](#)

Childline: [Sexting and sending nudes](#)

[Report Remove | IWF](#) - The Internet Watch Foundation provides advice for parents about online safety, a podcast as well as a 'Report Remove Tool' to remove a nude image shared online.

# Signposting support for DRUGS

[Help & Advice | Talk to FRANK](#) Are you worried about a friend/child or unsure of what to do in a drug related emergency?

[Talk to Frank.com](#) - Up to date information about Drugs



# Signposting support for LGBTQ+



THINK U KNOW [Supporting LGBTQ+ young people online](#)

[Thinkuknow](#) also recommends the following links to support:

'It's important that young people seek support and advice from trusted sources that have their best interests at heart. Childline have message boards for young people to speak to each other about **gender identity** and **sexuality**. As well as **Childline**, other trusted Organisations like **Young**

**Stonewall** and **Gendered Intelligence** are great places for young people to get advice and support.'

[Gender identity | NSPCC](#) - support for parents

[Homophobic bullying | Childline](#) - support and advice