



STAYING SAFE AT WRHS



“Keeping children safe is everyone’s responsibility”

Everyone has the right to feel safe

Are you or someone you know feeling:

Overwhelmed/anxious

Hurt, neglected or abused

Self-harming or Suicidal

**Forced to do things you/
they don’t want to do**

Please talk to your Year Office, they can offer valuable support and advice and if required, can refer you to our designated Safeguarding and Emotional Health Team.

The Safeguarding Team



The Emotional Health Team



SUPPORT FOR YOUNG PEOPLE



KOOTH (Free, safe and anonymous online support for young people)



Childline (www.childline.org.uk)



LGBT Foundation (<http://lgbtfoundation/>)



SAMARITANS 24/7 116 123)



Young minds (www.youngminds.org) Parental helpline



Papyrus (Prevention of young suicide)



BEAT (www.beateatingdisorders.org.uk) youth line
3pm – 10pm 0808 801 0711



42nd Street (www.42ndstreet.org.uk) Parental helpline



CHAT HEALTH 07507 330 205 (Confidential and anonymous text messaging service for young people)



Manchester Mind (www.manchestermind.org.uk)
help for mental health in Manchester



National centre for children’s mental health (www.annafreud.org)

If you would like more information or want to discuss anything you can contact your Head of Year and/or Year Coordinator

Additional information on the school’s website: <https://wrhs1118.co.uk/health-and-wellbeing/mental-health-signposting>