

External support agencies

- ✓ GP - Anxiety or low mood, not coping with daily life.
- ✓ Samaritans – providing emotional support to anyone in emotional distress, struggling to cope, or at risk of suicide. Tel: 116123
www.samaritans.org
- ✓ Shout – crisis helpline for all.
<https://www.giveusashout.org>
- ✓ Relate – Counselling and Mediation for adults, children & young people and families. Tel: 0300 003 2324
Relate.org.uk
- ✓ Jami – Jewish Mental health service.
Jamiuk.org
- ✓ Mind – Mental health service. Tel: 0300 123 3393
mind.org.uk
- ✓ Kooth – Online counselling and wellbeing platform.
Kooth.com
- ✓ MeeTwo – meetwo.co.uk - free app for teenagers, download from App Store
- ✓ Childline – for confidential support. Tel: 08001111
Childline.org.uk
- ✓ Talk to Frank – Support and advice for drugs. Tel: 0300 123 6600; Text 82111
Talktofrank.com

External support agencies

- ✓ No Panic – Support for Anxiety disorders, panic attacks, Phobias, Obsessive Compulsive Disorders. Tel: 0330 606 1174
nopanic.org.uk
- ✓ Evolve preventative education and support for Legal Highs, especially volatile substances.
Evolvenorthwest.com
- ✓ Beat – Support for Eating disorders. Tel: 0808 801 0711
Beateatingdisorders.org.uk
- ✓ Apart of me – Online game providing a safe space to grieve. Apartofme.app. download from App store
Grief Encounter – Child bereavement charity. Tel: 0208 371 8455
Griefencounter.org.uk

Safeguarding

If you are concerned for your welfare or that of anyone around you, please speak to your **'Year team'**, a member of the **'Your Zone – Makom Shalem team'** (in rooms H201, H204 and H206) or to the **'Safeguarding team'** (posters are displayed around the school).

You do not have to cope on your own

**YOUR
ZONE
Makom
Shalem**

'A place of wellness'



