

# Support for your well being over the holidays

There is always someone you  
can talk to

Online Support- 365 days a year





Text a nurse-  
confidential  
service



# Childline- online, on the phone, any time

Support for children and young people in the UK, including a free 24-hour helpline.

0800 1111

[childline.org.uk](https://www.childline.org.uk)





If you are worried about your safety or the safety of another student:





# Further Support

Samaritans: Call (24 hour helpline)

Shout: Text Shout to







Hot Meals available to families- thank you to Mr Mal for this information

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