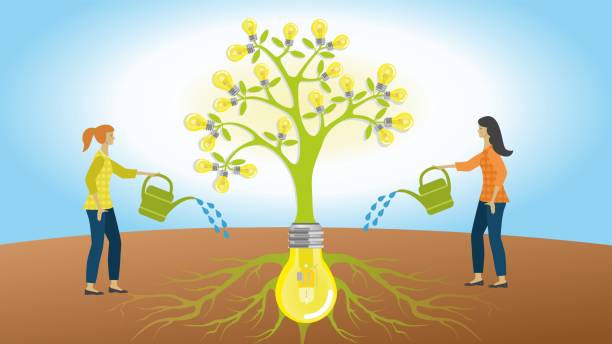
**Further help and support**



**Useful websites:**

**Kooth -**  kooth.com

**The Hideout -** thehideout.org.uk

**NSPCC -** nsppc.org.uk/keepingchildrensafe

**Childline -** childline.org.uk

**Respect -** respect.uk.net

**Young Minds -** youngminds.org.uk

**Useful telephone numbers:**

**Young we are with you (formally Addaction)** Support around drugs and alcohol **- 08003047021**

**Childline - 0800 1111**

**Mental Health**

* **CAMHS**- 01522535189
* **Healthy Minds**- 08002346342
* **Supporting Minds**- 01522 274151
* **Lindum Listening Ears**- 01522 804126

**Apps:**

* **Hollie Guard-** Available on Android and iPhone
* **Bright Sky-** Available on Android and iPhone
* **myPlan-** Available on Android and iPhone