

WORRIED?



NEED TO TALK?

We are here to help you

There are people you can talk to in confidence at NLS

Who Can Help You

Head of Year 7	Mrs S Barley-Morey	sbarley-morey@northleamington.co.uk
Head of Year 8	Mr B Butler	bbutler@northleamington.co.uk
Head of Year 9	Mr J Piper	jpiper@northleamington.co.uk
Head of Year 10	Mr C Royle	croyle@northleamington.co.uk
Head of Year 11	Mr A Boyes	aboyes@northleamington.co.uk
Head of Year 12	Mr M Schofield	mschofield@northleamington.co.uk
Head of Year 13	Mr M Schofield	mschofield@northleamington.co.uk

Deputy Head Teacher & Safeguarding Lead Ms H Jones hjones@northleamington.co.uk

SSE Team Room D0.23 studentsupport@northleamington.co.uk

Compass Text Messaging Service (Confidential Advice and Support) 07507 331525

Childline 0800 1111

Remember if you are worried, and need someone to talk to, you can talk to any member of staff including your Form Tutor.

Your safety is important to us

North Leamington School is committed to safeguarding and promoting the welfare of young people

Are you worried about
someone and their
safety online and who
they are talking to?
Report it at
www.thinkuknow.co.uk

NEED HELP? REMEMBER YOU ARE NEVER ALONE

COMPASS

Want to chat about your physical health? Your mental health? Your sexual health?

Text the **COMPASS** 'chat health' line on **07507 331525**

SHOUT

SHOUT is a 24/7 UK crisis text service available for times when people feel they need immediate support. Text **SHOUT** on **85258**

EATING DISORDER

For support with an eating disorder, children and young people can ring **Beat's Youthline** on **0808 801 0711**

DOMESTIC ABUSE SERVICE

Worried about domestic abuse or domestic violence?

Call the **Warwickshire Domestic Abuse Service** on **0800 408 1552**

THINK NINJA

The **Think Ninja** is an app that educates 10-18 year olds about mental health, emotional wellbeing and provides skills young people can use to build resilience and stay well

MENTAL HEALTH SUPPORT

Coventry and Warwickshire RISE (CWRISE): 08081 966798

Crisis mental health support: call **111**, choose mental health option

Young Minds Crisis Messenger:
text YM to **85258**

Kooth: **www.kooth.com**

Call Childline on **0800 1111** Call the Mix on **0808 808 4994** Find help on the NHS website

Sexual exploitation happens. If you are being exploited, or you know someone who is, get help. If you think something isn't right, it probably isn't. Visit **www.somethingsnotright.co.uk** for help and advice.

If you are worried or scared of someone who you feel is being over controlling please go to **www.talk2someone.org.uk**.

If you are in an emergency situation then call **999**