

FOR STUDENTS: STAYING SAFE

- If someone hurts you, makes you feel scared, or touches you in a way you don't like
 - **TELL a safe adult**
 - **Safety Plan:** Work out ahead of time who you would talk to
Teacher, youth worker, friend's parent, family member, someone else?
- If someone online is nasty to you or sends you messages/photos that feel wrong
 - **block them and tell an adult straight away.**
- If people at home are arguing, or someone is shouting, hurting someone, or breaking things
 - **go to a safe place** and **call a trusted adult.**
 - **Safety Plan:** Work out ahead of time where is safe to go if you needed to leave:
Your bedroom, locked bathroom, neighbours house, relation's home, friend's house?

You are never in trouble for asking for help. You can email safe@havenhigh.net any time.

LOOKING AFTER YOUR MENTAL HEALTH

- It's OK to feel stressed, upset or lonely. These are normal feelings and are especially likely during school holiday when you are not following your usual routines.
- Talk about how you are feeling to someone you trust – a friend, relative or adult.
- Be careful discussing this on social media. Mental health support online is not always as helpful as it might seem. Look for regulated and respected mental health support sources (see below). Giving yourself breaks from screens and social media is likely to be the best support.
- Do things that make you feel good: draw, play games, music, walks.

CONTACTS FOR CHILDREN'S MENTAL HEALTH CONCERNS

Police
if you are in danger
999

Police
for non-emergencies
101

NSPCC Helpline
if you're worried about another child
0808 800 5000

[Lincolnshire Young Minds: HERE4YOU support and advice line](#)

Local mental health support for young people, including self-help. Call 0800 234 6342
Young people aged 13 and over can self-refer by calling or completing the online referral

[Shout: The UK's free, confidential, 24/7 mental health text service](#)

Text 'SHOUT' to 85258 (numbers are down and up the centre line of the number keypad)

[Papyrus UK Suicide Prevention | Prevention of Young Suicide](#)

Hopeline247: Call 08000684141, Text 88247, Email pat@papyrus-uk.org

[Contact a Samaritan - Talk to someone anytime, day or night](#)

Samaritans: Call 116 123, email jo@samaritans.org

[Kooth - Whatever you're feeling, we're here to help](#)

Online support platform for young people. Safe, trusted, private and confidential safe for all.

[Talk to Childline - You can talk about anything. Call or chat online](#)

Childline: Call 0800 1111, Email through the website, Log in for a 121 counsellor chat