

# Y10 HALF TERM 6 – RESPONSIBILITY FOR MY MENTAL WELLBEING SUPPORT & SIGNPOSTING

## Further support

If you have questions or concerns about your experience of social media, you can always speak to your parent or carer, or a teacher in school for more advice and support.



There are lots of places to get advice about emotional wellbeing, social media or to discuss feelings.

**ChildLine:**  
[www.childline.org.uk](http://www.childline.org.uk) Phone: 0800 1111

**Young Minds:**  
[www.youngminds.org.uk](http://www.youngminds.org.uk)

**Samaritans:**  
[www.samaritans.org](http://www.samaritans.org) Phone: 116 123

In a crisis, text 'Shout' to 85258

## Further Help and Information

- Tutor
- School nurse
- School counsellor
- National Gambling Helpline/Live Chat - 0808 8020 133
- REMEMBER: Confidentiality and anonymity

## Where can young people get support if they are worried about money or facing a decision?



- Parents



- Friends



- Teachers and other school staff



- ChildLine – a charity offering children and young people the chance to talk privately about any worries they might have, 24/7



- Citizens Advice – an organisation that offers free advice around a range of issues, e.g. finances, legal, family, work, housing