

# Signposting – where to get trusted support, advice and information



DON'T SUFFER IN SILENCE  
Make A Report.

## Support in school

- Your tutor, Head of Year or an adult you trust in the school community
- **SHARP: School Help Advice Reporting Page** <https://mrus.thesharpsystem.com/>

**childline**

ONLINE, ON THE PHONE, ANYTIME

## Childline – 0800 1111 [www.childline.org.uk](http://www.childline.org.uk)

To find support and advice for young people about a range of issues

**kooth**

## Kooth [www.kooth.com](http://www.kooth.com)

a platform that offers free and confidential online counselling and support for young people in the UK.

**mind**

## Mind [www.mind.org.uk](http://www.mind.org.uk)

offering help whenever you might need it through our information, advice and local services.

**THE MIX**  
Essential support for under 25s

## The Mix [www.themix.org.uk/get-support](http://www.themix.org.uk/get-support)

free, confidential and anonymous advice on what ever issue you are facing.

**YOUNG MINDS**  
fighting for young people's mental health

## Young Minds [www.youngminds.org.uk/young-person/](http://www.youngminds.org.uk/young-person/)

a charity that provides free and confidential emotional support to anyone who needs someone to listen.

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

a charity that provides free and confidential emotional support to anyone who needs someone to listen.



**#knifefree**

Type the hashtag online to find out more about the campaign and for more information on how to live knife free



**Fearless (crime stoppers)** [www.fearless.org](http://www.fearless.org)

For advice and a way to anonymously report crime



**Crime Stoppers** <https://crimestoppers-uk.org>

Information about keeping safe and a place to give information anonymously



**Runaway Helpline** [www.runawayhelpline.org.uk](http://www.runawayhelpline.org.uk)

There to listen and offer support. They are non-judgemental and won't tell you what to do.

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**Talk to Frank** [www.talktofrank.com](http://www.talktofrank.com)  
For information relating to drugs and addictions



**iCaSH** [www.icash.nhs.uk](http://www.icash.nhs.uk)  
A service which services all aspects of sexual and reproductive health, including contraception, sexually transmitted infection (STI) and HIV testing and treatment.



**Brook** [www.brook.org.uk/](http://www.brook.org.uk/)  
operates a number of sexual health and wellbeing services across the UK and online.



**Calm Harm** <https://calmharm.stem4.org.uk>  
Award winning app to help manage the urge to self harm.



**Rape Crisis** [www.rapecrisis.org.uk](http://www.rapecrisis.org.uk)  
Support, guidance and services relating to sexual abuse and violence.



**Victim support** [www.victimsupport.org.uk](http://www.victimsupport.org.uk)  
For support for anyone who has been a victim of crime