

# Sources of Help and Support

WHERE TO FIND SUPPORT AND GUIDANCE FOR YOURSELF  
OR FOR OTHERS AROUND YOU



The Sixth Form

# 6<sup>th</sup> Form Pastoral support

Please speak to us, your family, your friends. We are here to help...

- ▶ Your Tutor
- ▶ Mr See, Head of 6<sup>th</sup>
- ▶ Mrs Cullingford, Mental Health First Aider
- ▶ SSGC
- ▶ Referral to outside agencies

The following is a useful list of trusted sources providing information, guidance and support for a range of issues.

# General, wide-ranging Emotional and Mental Health support and advice

- ▶ [www.Kooth.com](http://www.Kooth.com) – free, anonymous, online support and advice from trained counsellors on a 1:1 basis or via forums and articles (up to 19<sup>th</sup> birthday)
- ▶ [www.proutbridgeproject.com/counselling](http://www.proutbridgeproject.com/counselling) - Prout Bridge Project, Beaminster. 07802 514171 Free counselling – referral forms and more details available in 6<sup>th</sup> form.
- ▶ [www.Samaritans.org](http://www.Samaritans.org) - 08457 90 90 90 confidential, free service available 24 hours a day.
- ▶ [www.youngminds.org.uk](http://www.youngminds.org.uk) - UK's leading charity committed to improving emotional wellbeing and mental health in young people and empowering their parents and carers
- ▶ Your GP



# Anxiety

- ▶ [www.anxietyuk.org.uk](http://www.anxietyuk.org.uk) - confidential advice and support for those with anxiety, stress and anxiety-based depression. Email, phone, livechat and text support available.
- ▶ [www.nopanic.org.uk](http://www.nopanic.org.uk) - support, advice and information for people with anxiety disorders including panic attacks. Youth helpline (to age 20) 0330 606 1174 one-to-one mentoring and email services available.
- ▶ MindShift – a free App designed to help teens and young adults cope with anxiety ([www.anxietybc.com/resources/mindshift-app](http://www.anxietybc.com/resources/mindshift-app))

# Autism Support

- ▶ [www.autism.org.uk](http://www.autism.org.uk) – National Autistic Society. Get expert advice on a wide range of issues affecting autistic people and their families. Understand the strengths and challenges young people with ASD may encounter

# Bereavement

- ▶ [www.mosaicfamilysupport.org](http://www.mosaicfamilysupport.org) - Mosaic are a Dorset based charity supporting bereaved children and young people, their families and the professionals working with them
- ▶ [www.cruse.org.uk](http://www.cruse.org.uk) - Cruse Bereavement Care. Free, confidential support for adults and children following the death of someone close, including self-help tips. Helpline 0808 808 1677 or email [helpline@cruse.org.uk](mailto:helpline@cruse.org.uk)

# Depression

- ▶ [www.depressionalliance.org](http://www.depressionalliance.org) 0845 123 23 20 – information and support for people with depression and their families
- ▶ [www.thecalmzone.net](http://www.thecalmzone.net) 0800 585858 – Calm, Campaign Against Men Living Miserably targeted at young men aged 15-35
- ▶ [www.samaritans.org](http://www.samaritans.org) 0845 790 9090 – 24hr helpline offering emotional support for people who are experiencing feelings of distress or despair, or thinking about suicide
- ▶ [www.studentsagainstdepression.org](http://www.studentsagainstdepression.org) – information and help for students feeling depressed including self-help strategies

# Drugs and Alcohol

- ▶ [www.talktofrank.com](http://www.talktofrank.com) – FRANK helpline 0800 776 600 Facts, support and advice on drugs and alcohol. Find out everything you need to know about drugs, their effects and the law. Free, confidential counselling and referral to specialist services, 24 hours a day.
- ▶ [www.edasuk.org](http://www.edasuk.org) – support for anyone in Dorset whose life is being adversely affected by substance misuse (their own or others around them)
- ▶ REACH Young Peoples Service - confidential drug and alcohol service for under 24's 0800 0434656



# Eating Disorders

- ▶ [www.beateatingdisorders.org.uk](http://www.beateatingdisorders.org.uk) – information on all aspects of eating disorders. Student helpline 0808 801 0811 and one-to-one web chat
- ▶ [www.youngminds.org.uk/find-help/feelings-and-symptoms/body-image/](http://www.youngminds.org.uk/find-help/feelings-and-symptoms/body-image/) - information, support, activities and advice on a range of body image issues

# Gambling

- ▶ [www.begambleaware.org](http://www.begambleaware.org) – information and advice, including warning signs which could indicate a problem with gambling. Tips to stay safe and in control. Free, confidential support, 24 hours a day, 7 days a week. 0808 8020 133 and one-to-one live chat online

# LGBTQ+ issues

- ▶ [www.spaceproject.co.uk](http://www.spaceproject.co.uk) - Space Youth Project runs regular youth groups across Dorset for lesbian, gay, bisexual, trans and questioning young people. As well as offering one-to-one support, family support, school-based workshops and training for professionals.
- ▶ [www.youngstonewall.org.uk](http://www.youngstonewall.org.uk) - Information and support for lesbian, gay, bi, trans and questioning (LGBTQ) youth and their allies

# OCD (Obsessive Compulsive Disorders)

- ▶ [www.ocdaction.org.uk](http://www.ocdaction.org.uk) – information and support for Obsessive Compulsive Disorders (OCDs) and related disorders including Body Dysmorphic Disorder (BDD), Skin Picking (CSP), Trichotillomania (TTM) compulsive hair pulling. 0845 390 6232 helpline and email support available.

# Self-harm

- ▶ [www.nshn.co.uk](http://www.nshn.co.uk) – National Self-Harm Network 0800 622 6000
- ▶ [www.selfinjurysupport.org.uk](http://www.selfinjurysupport.org.uk) - Bristol Crisis Service for Women, text support 0780 047 2908 support for women and girls
- ▶ Calm Harm – a free App designed to help people resist or manage the urge to self-harm (private and password protected) ([www.calmharm.co.uk](http://www.calmharm.co.uk) for more info)

# Sexual Health and Relationships

- ▶ Sexual Health and Relationships drop-in – Thursday lunchtimes, the conservatory, 12.30-1.30pm. Run by Prout Bridge Project, Beaminster.
- ▶ Chat Health – text 07480 635511 NHS school nurse team, up to age 19
- ▶ [sexualhealthdorset.org](http://sexualhealthdorset.org) – NHS website offering advice and information
- ▶ Bridport Medical Centre Sexual Health Clinic – every Wednesday, 0300 303 1948  
contraception and STI screening available
- ▶ Local Pharmacies – many local pharmacies offer free emergency contraception (morning-after pill)
- ▶ [the-shores.org.uk/who-is-it-for/children-young-people/](http://the-shores.org.uk/who-is-it-for/children-young-people/) – Dorset based charity. Help and support for victims of sexual assault. 0800 970 9954
- ▶ Your GP

# Suicide

- ▶ Stay Alive – a free App designed to be a pocket suicide prevention resource for the UK, packed full of useful information to help you stay safe ([www.prevent-suicide.org.uk/find-help-npw/stay-alive-app](http://www.prevent-suicide.org.uk/find-help-npw/stay-alive-app))
- ▶ Childline.org.uk – support and guidance from trained counsellors 0800 1111 or 1-2-1 online chats. Helpful website with information and activities on a wide range of issues facing young people
- ▶ [www.samaritans.org](http://www.samaritans.org) 0845 790 9090 – 24hr helpline offering emotional support for people who are experiencing feelings of distress or despair, or thinking about suicide

# Tourette's Syndrome

- ▶ [tourettes-action.org.uk/78-support-for-young-people](https://tourettes-action.org.uk/78-support-for-young-people) – support, information and advice for young people with Tourette's, their families and friends. 1:1 webchat available



# Wellbeing

- ▶ [dorsetmindyourhead.co.uk/services/wellbeing-checkin/](https://dorsetmindyourhead.co.uk/services/wellbeing-checkin/) - weekly 1-2-1 wellbeing check-in service designed for young people aged 11-25 who would like neutral and confidential support for mild to moderate mental health needs. Check-ins are provided over zoom or over the phone with a trained volunteer.

# Young Carers

- ▶ [www.carersupportdorset.co.uk/young-carers](http://www.carersupportdorset.co.uk/young-carers) - support for children or young people aged under 18 who provide significant, regular or ongoing care and emotional support to a family member who is mentally ill, physically ill or disabled. Support is also available, via the same website, for those aged over 18.