



**YOUR  
WELL BEING  
MATTERS**



## Building Connections

THE NSPCC HAS NOW LAUNCHED THEIR BUILDING CONNECTIONS SERVICE WHICH IS AN ONLINE TEXT SERVICE FOR YOUNG PEOPLE UP TO THE AGE OF 19, EMPOWERING THEM TO FIND A WAY THROUGH LONELINESS.

Build SUPPORT. Build CONFIDENCE. Build CONNECTIONS.

Talk to your teacher for more information



**Listen up  
speak up**

Learn how to help  
keep children safe



**P** PRIVATES ARE PRIVATE

**A** ALWAYS REMEMBER YOUR BODY BELONGS TO YOU

**N** O MEANS NO

**T** ALK ABOUT SECRETS THAT UPSET YOU

**S** PEAK UP, SOMEONE CAN HELP

You can also talk to Childline. Call 0800 1111 or contact them online at [Childline.org.uk](http://Childline.org.uk). Someone will always be there to listen.

## KEEPING YOUR INFORMATION SECURE

- THINK BEFORE YOU POST
- DONT SHARE PERSONAL DETAILS
- THINK ABOUT WHO YOU ARE TALKING TO
- KEEP YOUR DEVICE SECURE



**ONLINE**



# YOUR WELL BEING MATTERS



For when a child dies or is bereaved

THE LAURA CENTRE HELPS TO PROVIDE A CONFIDENTIAL SPACE WHERE BEREAVED FAMILIES CAN EXPLORE THEIR GRIEF AND FIND A WAY TO MOVE FORWARD IN THEIR LIFE.

YOU CAN CONTACT OUR HELPLINE VIA 0116 254 4341

## ChatAutism

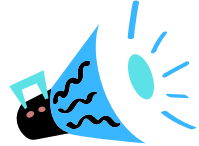
QUALIFIED HEALTH PROFESSIONALS FROM THE SPECIALIST AUTISM TEAM CAN ANSWER QUERIES FROM AUTISTIC PEOPLE, THEIR FAMILIES, CARERS AND ALLIES VIA TEXT CONVERSATION.

TEXT 07312 277097

THIS SERVICE IS TOTALLY CONFIDENTIAL.



**OUR GENERAL TRUST SWITCHBOARD**  
NUMBER IS: 0116 225 6000 (24 HOURS)




**FRIENDS SHOULDN'T MAKE US FEEL UPSET**

Whatever you're feeling, Childline can help. We're free, and you don't have to tell us your name.

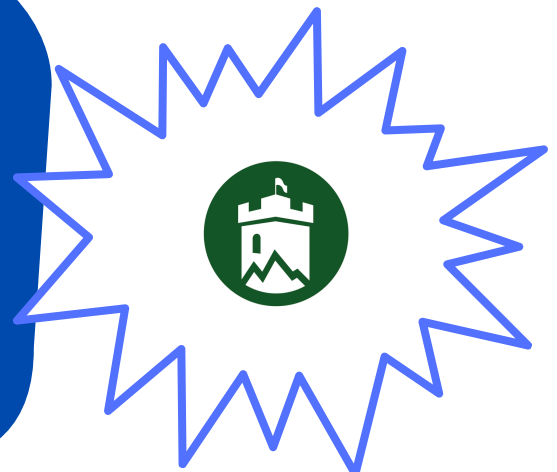
**childline**

ONLINE, ON THE PHONE, ANYTIME  
childline.org.uk/kids | 0800 1111

## EMOTIONAL AND SEN SUPPORT FOR YOUNG PEOPLE THROUGH GAMING, GAME DESIGN AND DIGITAL SKILLS

THROUGH ONLINE 1-TO-1 SESSIONS, MINDJAM PROVIDES MENTORSHIP AND GUIDANCE TO YOUNG PEOPLE TO SUPPORT THEIR EMOTIONAL NEEDS AND SEN IDENTITY THROUGH POSITIVE, NON-JUDGEMENTAL AND LOW-DEMAND SESSIONS. WE ALSO EMPOWER YOUNG PEOPLE TO HAVE GREATER ONLINE AWARENESS AND SAFETY.





**NSPCC**

**Talk to the NSPCC**

For advice and support about a child, or to report a concern, talk to us. It's free and you don't have to say who you are.

**0808 800 5000**

[help.nspcc.org.uk](https://help.nspcc.org.uk) [nspcc.org.uk/helpline](https://nspcc.org.uk/helpline)

EVERY CHILDHOOD IS WORTH FIGHTING FOR

**HOME SHOULD BE A HAPPY PLACE**

Whatever you're feeling, Childline can help. We're free, and you don't have to tell us your name.

**childline**

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**felt like I couldn't MAKE IT through**

Whatever you're feeling, Childline can help. We're free, confidential and available anytime for advice and support.

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**is it normal TO DISLIKE my body?**

No matter how you feel inside, we're here to help.

**Nobody is Normal**

**childline**

ONLINE, ON THE PHONE, ANYTIME  
[childline.org.uk](https://childline.org.uk) | 0800 1111

**NOBODY IS NORMAL**

**felt like things couldn't get BETTER**

Whatever you're feeling, Childline can help. We're free, confidential and available anytime for advice and support.

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