

Outside Agency Directory

The following directory of agencies and support for parents/carers, staff supporting pupils and pupils themselves. Some of the resources and support available are age-limited and this should be checked prior to sharing information with families, pupils or making direct contact with the agency themselves.

This has been grouped into sections to help locate the most appropriate or helpful support. This list is not exhaustive, appropriate additions are welcomed and it will be updated at regular points throughout the year.

Focus of Support	Agency	Offer	Contact
Suicide Prevention/Self-Harm	Hope Line UK	If you are having thoughts of suicide or are concerned for a young person who might be you can contact HOPELINEUK for confidential support and practical advice.	Call: 0800 068 4141 Text: 07860039967 or Email: pat@papyrus-uk.org 24 hours a day, every day
	Samaritans www.samaritans.org	Samaritans volunteers listen in confidence to anyone in any type of emotional distress, without judging or telling people what to do.	Tel: 116123 or Email jo@samaritans.org
	NHS Self Help APP - Self Harm https://web.nhs.uk/selfhelp/	A range of supportive leaflets and audios, which are available to download on a computer, via a phone, or via the APP.	https://web.nhs.uk/selfhelp/