

Who can I speak to if I need help?

Not being at school/college every day can make it harder to find adults you trust to talk to about worries you have or things your friends are dealing with. We have put together some websites and safe anonymous phone numbers that you can use to get advice and info about some issues you may be dealing with. Some great websites that have loads of stuff about all kinds of issues are [The Mix](#) and [the Children's Society](#).

Add the safeguarding contacts (email, text or phone) for school/college here.
The school may be closed but your teachers are still here for you.

Abuse

If you, someone in your family or a friend is being abused or treated badly, you can call these numbers to speak to someone. All calls are anonymous.

[NSPCC](#) Childline **0800 1111**

[National Domestic Violence](#) 24-hour Helpline **0808 2000 247**

[The National Rape Crisis Helpline](#)
0808 802 9999

Coping with loss and grief

If you or a friend are feeling sad about someone you know passing away, take a look at [here](#) and [here](#) for info and support.

Foodbanks

If you or a friend are worried about food for your family, find out where you can get some food from [here](#).

Coronavirus crisis



Homelessness

If you or a friend are worried about becoming homeless, you can call [Shelter](#) on **0808 800 4444** or contact your local [Crisis](#) centre.

LGBT+ support

If you or a friend are having a difficult time because of your gender identity or sexuality, call [Switchboard – the LGBT+ Helpline](#) **0300 330 0630** or for LGBT+ homelessness contact the [Albert Kennedy Trust](#).

Mental health

If you or a friend are struggling with mental health, you can use the [YoungMinds](#) Crisis Messenger service by texting YM to **85258**. Someone will call you back.

If you or a friend have been thinking about suicide, the [PAPYRUS](#) hopeline is a free anonymous help service for young people **0800 068 4141**

Online safety

If you or a friend want to know more about how to stay safe online, you can find support [here](#).

Racism and race equality

There's loads of interesting stuff to read about race and racism on the [Runnymede trust website](#).

If you or a friend are experiencing hate crimes, please contact [True Vision](#).

Remember, if you are scared and need help straight away call 999 and ask to speak to the police.

Coronavirus crisis

