



Support for your well being over the holidays

There is always someone you
can talk to

Online Support- 365 days a year

**GOT A PROBLEM?
NEED ADVICE?**

FEELING LOW WWW.KOOOTH.COM

Self harm **RELATIONSHIPS**

Being abused **BULLYING**

Sexuality: gay, lesbian or just confused **Eating disorder**

Award-winning counselling services for young people

KOOOTH.COM is a **FREE, ANONYMOUS, CONFIDENTIAL** website where young people can go for help.

- > Drop-in chats
- > Booked 1:1 sessions
- > Themed message forums and lots more

87% of our users prefer online counselling so visit www.kooth.com

KOOOTH.com
FREE ONLINE SUPPORT FOR YOUNG PEOPLE

The poster features a background image of a group of young people sitting on a bench, looking towards the camera. The NHS logo is in the top right corner, and the text 'The Royal Wolverhampton NHS Trust' is below it. The main headline is 'Aged 11 - 19?' in large white letters on a pink background. Below this, it says 'Text a school nurse on 07507 332 631 for confidential help and advice'. The bottom section is green and lists various topics: 'Staying healthy', 'Anxiety, emotions and anger', 'Social media', 'Family issues and friendships', 'Smoking, alcohol and drugs', 'Body image and identity', 'Eating', 'Sexual health and contraception', and 'Sleep'. At the bottom, it includes the hashtag '#ChatHealth Wolves', a website URL, and the 'ChatHealth' logo.

NHS
The Royal Wolverhampton
NHS Trust

Aged 11 - 19?

Text a school nurse on
07507 332 631
for confidential help and advice

Staying healthy
Anxiety, emotions and anger
Social media
Family issues and friendships
Smoking, alcohol and drugs
Body image and identity
Eating
Sexual health and contraception
Sleep

#ChatHealth Wolves
More information, including FAQs and forms, at
www.royalwolverhampton.nhs.uk/chathealth

ChatHealth

Text a nurse-
confidential
service

Support with Anxiety

- Anxiety UK
- 03444 775 774 (helpline)
07537 416 905 (text)
[anxietyuk.org.uk](https://www.anxietyuk.org.uk)

Advice and support for young people living with anxiety.

Childline- online, on the phone, any time

- Support for children and young people in the UK, including a free 24-hour helpline.
- 0800 1111
[childline.org.uk](https://www.childline.org.uk)

NSPCC

18 or under?

Childline offers free, confidential advice and support whatever your worry, whenever you need help.

0800 1111

Contact Childline



If you are worried about your safety or the safety of another student:

- Emergency Social Care Number - 01902 552999
- <https://www.police.uk/forces/>

Further Support

- Samaritans: Call **116 123** (24 hour helpline)
- Shout: Text Shout to **85258**

Hot Meals available to families- thank you to Mr Mal for this information

- The local Guru Nanak Sikh Temple in Park Village (Cannock Road) and Wednesfield (Well Lane) will be serving langar (hot meal) throughout the festive period (and as always) to ensure ALL the local community (irrespective of faith) are fed and looked after during this pandemic