



Support for the holidays

If you are a student in need of additional mental health support below are numerous support helplines. Please advise your family to book a GP appointment as additional support. If a crime has been committed call the police on 101, or if there is an emergency taking place call 999.

Chat health for parents of children aged 4-19 and young people (11-19) for health advice: TEXT ONLY 07507 332473

Childline: 0800 1111 childline.org.uk

Bradford children's social care emergency line- 01274 431010

Samaritans: 116 123 samaritans.org.uk

Text "SHOUT" to 85258 to contact the Shout Crisis Text Line, or text "YM" if you're under 19

Papyrus HOPELineUK Tel: 0800 068 41 41 (Mon-Fri 10am-5pm and 7pm-10pm, Sat-Sun 2pm-5pm.)
www.papyrus-uk.org

Kooth "Free, safe and anonymous online support for young people".