



## Happy, Healthy and Well

If you, or a friend, are concerned about any aspect of safety, [get help](#). You can speak to any adult in the Academy that you feel comfortable with or you can speak to Mrs Mountford, Senior Deputy Designated Safeguarding Lead, or Mrs Collins, Deputy Safeguarding Lead. You could also take advantage of the free, confidential organisations listed below. There is no problem that someone else hasn't gone through before and there is no problem for which you cannot get help.

### General Advice

Youth Access	<a href="http://www.youthaccess.org.uk">www.youthaccess.org.uk</a>	020 8772 9900
Connexions	<a href="http://www.connexions-direct.com">www.connexions-direct.com</a>	080 800 13219
Need 2 Know	<a href="http://www.need2know.co.uk">www.need2know.co.uk</a>	
British Youth Council	<a href="http://www.byc.org.uk">www.byc.org.uk</a>	

### Health and Wellbeing

Giving Up Smoking	<a href="http://www.gosmokefree.nhs.uk">www.gosmokefree.nhs.uk</a>	0800 022 4 332
NHS Direct	<a href="http://www.nhsdirect.nhs.uk">www.nhsdirect.nhs.uk</a>	0845 46 47
Cancer Backup	<a href="http://www.cancerbackup.org.uk">www.cancerbackup.org.uk</a>	0808 800 1234
Asthma Helpline	<a href="http://www.asthma.org.uk">www.asthma.org.uk</a>	08457 01 0 203
Eating Disorder Helpline	<a href="http://www.edauk.com">www.edauk.com</a>	0845 634 1414

### Support Organisations

Drinkline – Alcohol abuse		0800 917 8282
Kooth – Online counselling service	<a href="http://www.kooth.com">www.kooth.com</a>	
Gay, Lesbian, Transgender	<a href="http://www.intercomtrust.org.uk">www.intercomtrust.org.uk</a>	0845 6020818
Rape & Sexual Abuse	<a href="http://www.therapeandsexualabusehelpline.co.uk">www.therapeandsexualabusehelpline.co.uk</a>	0808 800 0188
National Drugs Helpline	<a href="http://www.talktofrank.com">www.talktofrank.com</a>	0800 77 66 00
Victim Support	<a href="http://www.victimsupport.org">www.victimsupport.org</a>	0845 30 30 900
Runaway Helpline	<a href="http://www.runawayhelpline.org.uk">www.runawayhelpline.org.uk</a>	0808 800 70 70
Missing Persons	<a href="http://www.missingpersons.org.uk">www.missingpersons.org.uk</a>	0500 700 700
Crimestoppers	<a href="http://www.crimestoppers-uk.org">www.crimestoppers-uk.org</a>	0800 555 111
Shelterline (24 hours)	<a href="http://www.shelter.org.uk">www.shelter.org.uk</a>	0808 800 4444
Samaritans (24 hours)	<a href="http://www.samaritans.org">www.samaritans.org</a>	08457 90 90 90