

To all students

If you need to talk or seek help over the next few weeks whilst not in school, here are some really useful numbers you can take with you - they are there for you and there to help you!

KOOTH



DORSET MIND - Phone/Email Helpline: Our staff often speak with people experiencing mental health problems or their family, and can help signpost them to appropriate sources of help. Email contact@dorsetmind.uk, or call us on 01202 551660.



YOUNG MINDS



CHAT HEALTH



CHILDLINE



If you need to contact CAMHS, the 24 hour support number is 0300 123 5440.

If you are worried about your safety or the safety of someone else, you must contact Social Services on 01305 221016 or 01202 735046.....for the Out of Hours Service (if it is outside of normal office hours) call 01305 858250 or 01202 738258 or contact the QE Safeguarding Team (Mr Willis or Miss Barnett)

Contact the Police on 999 if you think someone may be at immediate risk of harm.
Family Partnership Zone are also on hand to help in any situation - 01202 225710
Help with Drug and Alcohol (both self and/or parents) - REACH on 0800 043 4656

If you need to contact either Mr Willis or Miss Barnett - please feel free to send an email to mwillis@queenelizabeths.com or abarnett@queenelizabeths.com and we will do our best to help you.

We are all here to help you, so do not feel alone.

Mr Willis and Miss Barnett