

Earlscliffe (Sussex Summer Schools Ltd)

ACCESS TO EXTERNAL HELP AND COUNSELLING STATEMENT

- 1) We offer private phone access in the school office to any student wishing to make a telephone call to a parent, guardian, friend, the school's nominated 'Independent Person', a counsellor or helpline.
- 2) Students have access to internet through their own laptops and mobile phones by accessing the college's own wifi system.
- 3) The college publishes a list of helplines, including Childline, in its guidance for Students and Parents (See Appendix below).
- 4) The college publishes the name and contact details of its 'Independent Person', Linda Harrold.

Appendix

List of help lines available to students

Childline

Helpline: 0800 1111

Website: www.childline.org.uk

ChildLine is the free helpline for children and young people in the UK. Children and young people can call us on 0800 1111 to talk about any problem

National Domestic Violence Helpline

Helpline 0808 2000 247

Freephone 24-hour National Domestic Violence Helpline run in partnership between Women's Aid and Refuge. This service is available for women and children experiencing domestic violence.

NSPCC Child Protection Helpline

Phone: 0808 800 5000

Website: www.nspcc.org.uk

Textphone for people who are deaf or hard of hearing: 0800 056 0566

The NSPCC Helpline is a free, 24-hour service which provides counselling, information and advice to parents who need support and anyone who has concerns about a child.

Samaritans

Helpline: 116 123

Website: www.samaritans.org

Samaritans provides confidential non-judgemental support, 24 hours a day for people experiencing feelings of distress or despair, including those which could lead to suicide.

Solvent Abuse: Re-Solv

Helpline 01785 810 762

Website: www.re-solv.org

Solvent abuse involves inhaling the fumes from domestic and industrial products creating a strong intoxication.

Talk to Frank

Helpline 0300 123 6600 TEXT a question to 82111

Website: www.talktofrank.com

Ring FRANK anytime and speak to a friendly adviser who's professionally trained to give you straight up, unbiased information about drugs.

Beat Eating Disorders Helpline

Helpline 0808 801 0811

A registered charity that provides information about eating disorder therapy through their website and phone service. They also work to increase awareness about eating disorders and provide sufferers with as much information as possible to help them address and treat their problem.

Kids-cape

Helpline 020 7730 3300

This is a registered charity established to prevent bullying and child abuse. Their helpline is intended to parents, relatives or friends who believe a child is being bullied. The staff will offer support and advice intended to help individuals dealing with bullying.

Bullying

Helpline 0808 800 2222

This is an award winning service that offers online support via email. Their web-site offers plenty of advice and suggestions on how to prevent or combat bullying.

Visit their site at: www.bullying.co.uk

Young Minds (mental health support)

TEXT YM to 85258

Crisis Messenger free 24 hours a day

The Mix

Helpline 0808 808 4994

Mental health support line for under 25years Sun-Fri 2pm-11pm

Papyrus (HOPELINEUK)

Helpline 0800 068 4141 or text 07786209697

If you are struggling with suicidal feelings or concerned about a young person.

weekdays 10am -10pm weekends 2pm-10pm

LGBT Foundation

Helpline 0345 330 30 30

Advice support and information. Monday – Friday 10am-6pm

EACH Education Action Challenging Homophobia

Helpline 0808 100 0143

Helpline supporting young people affected by homophobia or people concerned about school/college students affected by Homophobia.