

# Staying Safe Over Half-Term

All staff at Laleham Gap School wish you a fun, enjoyable Summer Half-Term break. If for any reason you are struggling and need support, please find below some useful information.

## For Non Urgent Advice -

Cathy our Wellbeing Case Worker will be checking her emails once a week. If you would like to email her for **non-urgent** advice then you can contact her on the following email:

[cathy.shuter@lgs.kent.sch.uk](mailto:cathy.shuter@lgs.kent.sch.uk)

## Mental Health Crisis

If you feel you are in crisis, we would recommend you try to talk to a parent/carer. If you feel unable to do this, you can contact one of the following mental health crisis helplines.

Alternatively, you can also speak to your Doctor.

**In an emergency situation when you are worried about your safety CALL 999.**

**SAMARITANS**

Call us free 24/7 on

**116 123**

[samaritans.org](http://samaritans.org)

Whatever you're going through, a Samaritan can help. They are available 24 hours a day, 365 days a year. **Call 116 123** to talk to someone.

You can e-mail [jo@samaritans.org](mailto:jo@samaritans.org) for non urgent help, but it may take a few days to get a response.

**YOUNG  
MiNDS**

YoungMinds focus on young people struggling with anxiety and isolation difficulties. Visit [www.youngminds.org.uk](http://www.youngminds.org.uk) for advice and guidance.

**shout  
85258**

SHOUT is a free 24/7 mental health text support service for anyone who is struggling. **Text SHOUT to 85258**. You can also visit:

[www.giveusashout.org](http://www.giveusashout.org)

**ChildLine**  
0800 1111

You can contact Childline about anything any time. Whatever your worry, its better out than in. There are many different ways Childline can support. It is free to call them on **0800 1111**.

More useful information is on our school website: [www.lgs.kent.sch.uk/useful-sites-and-links](http://www.lgs.kent.sch.uk/useful-sites-and-links)

Other useful resources include [www.kooth.com](http://www.kooth.com) the ChildLine Toolbox:

[www.childline.org.uk/toolbox](http://www.childline.org.uk/toolbox) or [www.moodspark.org.uk](http://www.moodspark.org.uk)

Please remember, staff will be resting over the holiday and will not be able to support you with urgent situations or requests. Please speak to a trusted adult or a support line for help.