



Helplines

Shout

Free 24/7 text service for anyone in crisis anytime.

Text SHOUT to 85258

www.giveusashout.org

ALUMINA

Free online self-harm support.

www.selfharm.co.uk

Kooth

Online counselling and peer to peer support.

www.kooth.com

Samaritans

Call 116 123

www.samaritans.org

Childline

Call 0800 1111

www.childline.org.uk



Support in School

Pastoral

Head of Years
Assistant Head of Years

Safeguarding Team

Student Support Worker

ELSA

(Emotional Literacy Support Assistant)



Mental Health and Wellbeing Sources



In Swindon

Swindon Mind

Two services for young people: Steps Programme and Wellbeing
www.sgmind.org.uk

On Trak Youth Counselling

Free advice, support and services for ages 14-19.
www.swindon.gov.uk/info/20046/youth_services/101/youth_counselling

IPSUM

Mindfulness arts and crafts.
www.ipsum.care

Swindon Young Carers

provide respite opportunities for young carers.
www.swindoncarers.org.uk





Information

Mental Health

Young Minds

www.youngminds.org.uk

On Your Mind

www.onyourmind.org.uk

Rethink

www.rethink.org

Condition-specific

Papyrus (Suicide)

www.papyrus-uk.org

Beat (Eating Disorders)

www.beateatingdisorders.org.uk

Anxiety UK

www.anxietyuk.org.uk

NoPanic Youth Hub (Anxiety)

www.nopanic.org.uk

OCD-UK

www.ocduk.org

Other

The Mix

www.themix.org.uk

LGBTQIA+

Out of the Can

Swindon youth group
www.outofthecan.org

Gendered Intelligence

Information about LGBTQIA+
www.genderedintelligence.co.uk

Switchboard LGBT+ Helpline

Operates from 10am to 10pm, 365 days a year.

www.switchboard.lgbt

Ethnic Minorities

The Harbour Project

Aids refugees and asylum seekers across Swindon.

www.harbourproject.org.uk

Young Roots

Working with refugees and asylum seekers aged 11-25.

www.youngroots.org.uk

BAMEed

Working on making an education sector that reflects society.

www.bameednetwork.com

Bereavement

Cruse Bereavement Care

Call 0808 808 1677
www.cruse.org.uk

Winston's Wish

Call 0808 020 021
www.winstonswish.org

The Good Grief

www.thegoodgrieftrust.org

Abuse

The Survivor Pathway

Sexual violence support services in Swindon.

www.survivorpathway.org.uk/swindon

Rape Crisis

Working to end sexual violence and abuse.

<https://rapecrisis.org.uk/>

NSPCC

dedicated to protecting children and preventing abuse.

www.nspcc.org.uk

Addiction

Change Grow Live

Advice on challenges with drugs, alcohol, mental health and relationships.

www.changegrowlive.org/advice-info/under-21-advice

BigDeal

Information, advice and guidance about gambling.

www.bigdeal.org.uk

