WILLIAM EDWARDS SCHOOL

Your safety and wellbeing matter

WHERE CAN I ACCESS HELP AND SUPPORT OUTSIDE OF SCHOOL?

If you're worried about something, you're not alone. There are people who can help – whenever you need extra support.

Open Road
your journey to recovery

Support for young people affected by drug and alcohol use, including one-to-one support, groups and workshops.

- 01375 391 411
- www.openroad.org.uk
- The Civic, High Street, Grays, RM17 6AE

fearless
part of Crimestoppers

Share information about crime anonymously. 100% anonymous.

- 0800 555 111
- www.fearless.org
- Always call 999 in an emergency

opendoor Grays

Support and advice for young people aged 11–25. Drop-in sessions, counselling, family support and more.

- 01375 389 988
- www.opendoor.me.uk
- Open Door, 25 Clarence Road, Grays, RM17 6QA

kooth
kooth.com

Free, safe and anonymous online mental wellbeing support for young people.

- www.kooth.com
- Online support – 365 days a year

childline
ONLINE, ON THE PHONE, ANYTIME

Free, private and confidential support for any child or young person.

- 0800 1111
- www.childline.org.uk
- Online chat available on website

shout 85258
here for you 24/7

24/7 text support for anyone struggling to cope.

- Text SHOUT to 85258
- www.giveusashout.org
- Free, confidential, 24/7 support

YOUNGMiNDS
fighting for young people's mental health

Tips, advice and support for your mental health and wellbeing.

- www.youngminds.org.uk

CEOP THINK U KNOW .CO.UK

Advice on staying safe online.

- www.thinkuknow.co.uk

REPORT REMOVE

Need to remove a nude image shared online?
Visit: www.reportremove.org.uk

brook
Sexual Health Service for Young People

Support, advice and services around sex, relationships and sexual health.

- www.brook.org.uk
- Local Brook services in Thurrock

NELFT NHS

Mental health services for children and young people in Essex.

- www.nelft.nhs.uk/young-people
- Support available across Essex

IT'S OKAY TO ASK FOR HELP. YOU MATTER.