

Useful numbers and contacts, for students to gain support out of school



Samaritans

www.samaritans.org



The Samaritans offer emotional support 24 hours a day, in full confidence. They offer a safe place for you to talk any time you like in your own way, about what ever is getting to you. Call: 116123

Email: jo@samaritans.org

School Nurse Text Service

Confidential advice and support via text, offered by the school nurse team.

Available: Monday-Friday, 9am-4.30pm.

Text: 07480635424.

The Mix

www.themix.org.uk



The Mix is the UK's leading support service for young people. We are here to help you take on any challenge you're facing - from mental health to money, from homelessness to finding a job, from break-ups to drugs. Talk to us via online chat service or our free, confidential helpline.

Call: 0808 808 4994, or contact directly through the 1-2-1 chat option on the website.

it's okay
not to be
okay

Childline

www.childline.org.uk



You can talk to Childline about anything, no problem is too big or too small. However you choose to get in contact, you are in control. The service is fully confidential and you do not have to give your name if you do not want to.

Child line is open 24hrs per day, 7 days per week.

Call free on 0800 1111, or get in touch online via their webchat.

Download the Childline app to access 121 support and forums



Cruise Bereavement Care is the leading national charity for bereaved people. They offer support, advice and information to children, young people and adults when someone dies and work to enhance societies care of bereaved people. Cruise offers face to face, telephone, email and web support.

Call 0808 8081677

Email hopeagain@cruise.org

www.cruise.org.uk



allsorts youth project

For LGBT+ and unsure children & young people aged 5-25
We're still here for you, in person & online!

YOUTH GROUPS **ONE-TO-ONE SUPPORT** **ADVOCACY**

How are we keeping COVID-safe?

- Following National Youth Agency & Government guidelines
- Social distancing measures in place
- PPE for staff, young people & volunteers
- Youth groups meet in large, open and clean environments
- Working with Local Authorities to keep you safe
- Continually monitoring risks for young people, staff, volunteers, groups and venues

Find out more at www.allsortsyouth.org.uk
or email youth@allsortsyouth.org.uk

Registered Charity: 1123014

If you are aged 11-25 living in Worthing and Adur, you can get support from us for a wide range of wellbeing issues. We can help you by providing information, advice and guidance. We can also support you to make effective referrals to many local services.



If you want to talk to someone in confidence we can support you with:

- mental health and emotional wellbeing
- physical or sexual health
- family and peer relationships
- education and employment
- housing and homelessness
- criminal or sexual exploitation
- substance misuse.

This might be through:

- Information, advice or guidance
- Referral for assessment or support from one of our partner services, such as Youth Emotional Support, YMCA Dialogue, West Sussex MIND and others

Bitesize Support - up to 4 fortnightly sessions with a youth worker, offering you direct assistance or support as you move on to receiving help from another service.

Call us on 07841 861340

Email adurworthingfio@westsussex.gov.uk



We are here for you if you or someone you love is suffering from an eating disorder or experiencing symptoms. We are here to support people who have or are worried they have an eating disorder, as well as others affected, such as friends and family members.

Our Helplines are open 365 days a year from 9am–8pm during the week, and 4pm–8pm on weekends and bank holidays.

Sometimes our lines are busy. If you can't get through immediately, please do try again or try our [one-to-one web chat](#).

Helpline: 0808 801 0677

Studentline: 0808 801 0811

Youthline: 0808 801 0711

WORTH Specialist Domestic Abuse Service

WORTH Specialist Domestic Abuse Service supports people at high risk of harm or homicide as a result of domestic abuse.

They have teams of IDVAs (independent domestic violence advisors) across West Sussex who work to identify, assess and assist people at risk. If you would like support, or to refer someone for support, use our referral form or the contact details below.

DomesticAbuseServicesCentral@westsussex.gov.uk

Tel: 07834 968539 or 033 022 28181

Additional information

Specialist advisors are available Monday-Friday, 9.00am-5.00pm.



The Multi-Agency Safeguarding Hub (MASH) aims to provide a single and consistent point of access to advice, guidance and decision-making about the right level of help needed to keep each child safe or achieve change.

If you're worried about something that's happening to you or to a friend, there are a lot of people who can help you. It's good to talk to people you trust about your worries. If you have spoken to someone you trust or ChildLine and you are still concerned contact the MASH team during office hours on: Tel: 01403 229 900

If you are in immediate danger dial 999 and speak to the police, ambulance or fire service