Ark John Keats safeguarding team:
Miss D. Sufi and Ms L. Socrates

1. Call the school on: 020 8443 3113 (they can put you through to the safeguarding team) or

2. Email the school on: secondary.support@arkjohnkeatsacademy.org

Please make sure you leave your full name and year group in the email. This will help us to support you effectively.

www.mind.org.uk
Email: info@mind.org.uk or text: 86463

childline

Online, on the phone, anytime

Call, chat or email Childline about anything that is worrying you. You can call them on: 0800 1111
More information can be found on their website: www.childline.org.uk

HOPELINEUK

Advisors trained to help you focus on staying safe from suicide. They can provide advice and support that may help you to stay safe.
www.papyrus-uk.org/hopelineuk/
Call 0800 068 4141 or text 07786 209697

THE MIX

Essential support for under 25s

Offer a helpline, email, live chat, telephone counselling service and crisis text line for anyone under 25 years old wanting support.
www.themix.org.uk or call 0800 808 4994

CEOP help and give you advice on Online Safety, you can make a report directly to us if something has happened online which has made you feel unsafe, scared or worried. www.ceop.police.uk/safety-centre

Online counselling service, young people can access this through their phones or computers. A place to talk to someone.
More information can be found on their website: https://www.kooth.com

The Samaritans helpline is available 24 hours a day, 365 days a year, for people who want to talk in confidence. You can also speak to the Samaritans if you are concerned about somebody else.
www.samaritans.org or call 116 123 (free).

If you’re feeling scared or afraid and need to speak to someone in confidence, we are here to help you 24 hours a day.
Help for children and young people.
www.nspcc.org.uk or call Childline on 0800 1111

Work with young people to ensure they have access to the mental health support they need.
www.youngminds.org.uk

CEOP help and give you advice on Online Safety, you can make a report directly to us if something has happened online which has made you feel unsafe, scared or worried. www.ceop.police.uk/safety-centre