

# Signposting

## Report a concern

### Students



**tootoot** - The award-winning reporting platform and app for schools, colleges and universities. In short it has four key features.

**Student reporting** - children and young people can log into tootoot on a computer, tablet or mobile and report any worries or concerns they might be having directly to the teachers in your school, in a safe and anonymous way.

### Parents

If you have a safeguarding concern please email the Designated Safeguarding Lead on [dpd@rgshw.com](mailto:dpd@rgshw.com) or for a pastoral concern please email you child's Head of Year a list of whom can be found [here](#)

## Online Safety



**Stop It Now!** - UK and Ireland. Is run by The Lucy Faithfull Foundation, the only UK-wide charity dedicated solely to preventing child sexual abuse. We are here for anyone with concerns about child sexual abuse and its prevention.



**Report Remove** - If a nude image or video of a young person has been shared, the young person can report it to Childline and they will work to have it removed from the internet.



**NCA CEOP** - A law enforcement agency which works to keep children and young people safe from sexual abuse and grooming online. Young people can make an online report if they are worried about something that happened when talking to someone online (this could be another young person or an adult).

## Mental Health and Wellbeing



**The Hub of Hope** - The UK's leading mental health support database. It is provided by national mental health charity, Chasing the Stigma, and brings local, national, peer, community, charity, private and NHS mental health support and services together in one place for the first time.



**Mind** - Providing advice and support to empower anyone experiencing a mental health problem. We campaign to improve services, raise awareness and promote understanding.



**Samaritans** - We're here, day or night, for anyone who's struggling to cope, who needs someone to listen without judgement or pressure. Samaritans is not only for the moment of crisis, we're taking action to prevent the crisis.

We give people ways to cope and the skills to be there for others. And we encourage, promote and celebrate those moments of connection between people that can save lives.

We offer listening and support to people and communities in times of need.



**Childline** - Here to help anyone under 19 in the UK with any issue they're going through.

You can talk about anything. Whether it's something big or small, our trained counsellors are here to support you.

Childline is free, confidential and available any time, day or night. You can talk to us:

- by calling [0800 1111](tel:08001111)
- by [email](#)
- through [1-2-1 counsellor chat](#)

Whatever feels best for you.



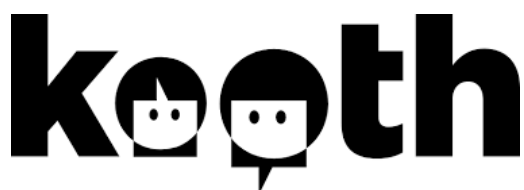
**Shout** - The UK's first and only free, confidential, 24/7 text messaging support service for anyone who is struggling to cope. Launched publicly in May 2019, they've had more than 1.5 million conversations with people who are anxious, stressed, depressed, suicidal or overwhelmed and who need in-the-moment support.



**Papyrus** - A leading youth suicide prevention charity in the UK. Our suicide prevention helpline, HOPELINEUK, is staffed by trained suicide prevention advisers, who work with young people – and anybody concerned for a young person – to help keep them safe from suicide. HOPELINEUK is a free and confidential call, text and email service, which is available from 9am to midnight, every day of the year.



**The Mix** - Support for young people up to the age of 25. They have an online chat service, free helpline, and a text service. They support young people with lots of different issues including mental health, sex and relationships, body image, drugs and alcohol, school etc.



**Kooth** – A transformational digital mental health platform that launched in 2004. It gives children and young people (CYPs) immediate access to an online community of peers and a team of experienced, accredited counsellors. Access is free of the typical barriers to support - no waiting times, no referrals, no thresholds to meet and complete anonymity. The service is open for support 365 days per year.

## Advice on Drugs and Addiction



**Talk to Frank** - Provides friendly, confidential drugs advice. Call, text or email for answers to your questions or if you just want a chat.

## Self-Harm

### Students



#### Information on:

1. [What is self-harm?](#)
2. [Why do I self-harm?](#)
3. [How can I stop self-harming?](#)
4. [Find ways to keep yourself safe](#)
5. [It is helpful if you tell your GP?](#)
6. [Where to get help](#)

### Parents



#### Information on:

1. [What is self-harm?](#)
2. [Signs a young person is self-harming](#)
3. [Helping your child in the short term](#)
4. [Helping your child over the longer term](#)
5. [Finding professional help](#)
6. [Keeping your child safe](#)
7. [Looking after yourself](#)
8. [Where to get further support](#)

## Loss



**Hope Again** - The youth website of [Cruse Bereavement Support](#). It is a safe place where you can learn from other young people, how to cope with grief, and feel less alone. Here you will find information about our services, a listening ear from other young people and advice for any young person dealing with the loss of a loved one. Hope Again provides somewhere to turn to when someone dies.

## Eating Disorders



**Beat** - Our [national Helpline](#) exists to encourage and empower people to get help quickly, because we know the sooner someone starts treatment, the greater their chance of recovery. People can contact us online or by phone 365 days a year. We listen to them, help them to understand the illness, and support them to take positive steps towards recovery. We also support family and friends, equipping them with essential skills and advice, so they can help their loved ones recover whilst also looking after their own mental health.