

# WHERE CAN I GET HELP AND SUPPORT IF I NEED IT?

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What should I do? Who should I speak to?

# Getting Help and Support

## What to do if you have a concern:

- If it's about your **work** message a teacher through Teams or talk to your parent/carer, if you are able;
- If you need to report a **crime** (including on-line crimes) call 101;
- Use the CEOP button to report any **online** sexual abuse/comments and visit [www.ceop.police.uk/safety-centre/](http://www.ceop.police.uk/safety-centre/) to get support from a specialist Child Protection Advisor;
- If you feel **unsafe** in any way and need to speak to a trusted adult you can contact:
  - School safeguarding staff by emailing [safeguarding@thekingsacademy.org.uk](mailto:safeguarding@thekingsacademy.org.uk) during normal school hours and a member of staff will contact you
  - Child Line 24 hours a day
  - If you are in immediate danger call the police on 999



## Basic advice:

- Follow government guidelines about 'social distancing' and isolation (if needed);
- Stay in contact with your friends online but do not talk to people you don't know – it is dangerous;
  - Do not get involved in online abuse, bullying or intolerance;
  - Do not send inappropriate pictures of yourself to anyone;
- Try to eat healthily and get some exercise everyday – this can be as simple as a YouTube workout routine!
- Look out for your friends and contact responsible adults if you are worried about someone;
- Stay in contact with your teachers through Teams – keep your brain working.

[safeguarding@thekingsacademy.org.uk](mailto:safeguarding@thekingsacademy.org.uk)  
Links to advice and support can be accessed on TKA website



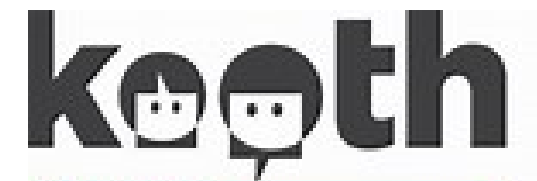
# Examples of support you will be able to access via TKA website:

## Young Minds



- Text the YoungMinds Crisis Messenger, for free 24/7 support across the UK if you are experiencing a mental health crisis.
  - text YM to 85258
  - All texts are free and answered by trained volunteers, with support from experienced clinical supervisors
- If the current news on coronavirus (COVID-19) is making you feel anxious, concerned or stressed you can get help and support on the Young Minds website:  
<https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus>

## Kooth



- Kooth will continue to provide online mental health and wellbeing support to young people via any internet accessible device. Kooth provides an opportunity to interact in a supportive way with other young people as well as receive support from a qualified counsellor.
- <https://www.kooth.com>

