

**NSPCC**

Web address: [www.nspcc.org.uk](http://www.nspcc.org.uk)

Helpline: 0808 800 5000

**Who are NSPCC?**

NSPCC are a charity who protect children today and prevent abuse tomorrow. Support for parents/carers with lots of advice on many different subjects involving children.

Direct link to Childline for children under 18.

**FamilyConnect**

Web address: [familyconnecttelford.co.uk](http://familyconnecttelford.co.uk)

Helpline: 01925385385

**Who are Family Connect?**

Are you worried about someone? Don't sit in silence!

Family connect are a free, confidential service providing information, guidance and support on a range of children's services.

You can also phone Family Connect if you are worried about a child's welfare.



Holy Trinity Academy  
& Sixth Form  
Telford

# Sources of Help & Support for Students

**NSPCC**



**Where can I  
get some  
help?**

**Who can I speak  
to?**

**kooth**

**Web address: [www.kooth.com/](http://www.kooth.com/)**

### **What is Kooth?**

Kooth is for online mental well-being support. You can chat with the team using the app or on the computer. You can also use the app to keep a daily journal or check out the magazine articles.

**Beam**

**Web address: [childrenssociety.org.uk](http://childrenssociety.org.uk)**

### **What is BEAM?**

'Be kind to your mind'

They are an emotional health and well-being drop in service for young people.

### **Where is BEAM?**

9 Market Square

Wellington

TF1 1BP

Mondays and Tuesdays- 12pm-7pm

Saturdays- 11am-4pm

**ChildLine**  
0800 1111 

**Web address: [www.childline.org.uk](http://www.childline.org.uk)**

**Helpline: 0800 1111**

### **Who are Childline?**

Childline are there to listen to you, whatever is on your mind and to help support and guide you with making choices if you are worried.