

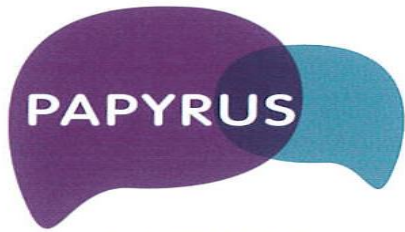
TALK TO US

If things are getting to you

 **116 123** **FREE**
This number is FREE to call round the clock

SAMARITANS

A registered charity



PREVENTION
OF YOUNG SUICIDE

Are you, or is a young person you know,
not coping with life? For confidential
suicide prevention advice please call

0800 068 4141

HOPELINEUK
0800 068 4141

Text: **07786209697**
Email: **pat@papyrus-uk.org**

Mon - Fri 10am - 10pm
Weekends 2pm - 10pm
Bank Holidays 2pm - 10pm
www.papyrus-uk.org

Registered charity number: 1070896



WELLBEING SUPPORT

Here are some places where you can gain support whilst school is closed.

You can also raise concerns with your teachers, who will be setting you work during our school closure or by alerting the Safeguarding Team at safeguardingteam@lpgs.bromley.sch.uk



childline

ONLINE, ON THE PHONE, ANYTIME
childline.org.uk | 0800 1111

kooth



Need to talk?
We're **online** until 10pm


Friendly
counsellors


Self-help


Community
support

Free, safe and anonymous online
support for young people
kooth.com