Help, Advice & Support

You are not alone

At **Manor Wood School**, keeping children safe and supporting their wellbeing is at the heart of everything we do.

Sometimes children, young people and families need a little extra help. Whether you are worried about **safety, mental health, bullying, drugs or alcohol, or simply need someone to talk to**, there are organisations ready to listen and support you.

If something doesn't feel right, please reach out. Asking for help is always a positive step.

🛡️ **Worried about a child?**

Childline

Free, confidential help and support for children and young people.

📞 **0800 1111**

🔗 Visit the Childline website [childline.org.uk]

NSPCC

Advice and support if you are worried about the safety or wellbeing of a child.

📞 **0808 800 5000**

🔗 Visit the NSPCC website [nspcc.org.uk]

ChatHealth

A confidential text messaging service for young people aged **11–19** in Bristol, North Somerset and South Gloucestershire. [sirona-cic.org.uk]

📱 **Text: 07312 263093**

🔗 Visit the local ChatHealth website [sirona-cic.org.uk]

🚨 **Need urgent help?**

If you need police assistance, call:

📞 **101 – Police non-emergency**

📞 **999 – Emergency**

If you or someone else is in immediate danger, always call 999.

💙 **Mental Health & Wellbeing**

Looking after our emotional wellbeing is just as important as looking after our physical health. If you or your child are finding things difficult, support is available.

Calm Harm

An app providing support and strategies to help young people manage difficult feelings.

🔗 Visit the Calm Harm website [Safeguardi…d Children | Word]

Beat Eating Disorders

Information and support for people affected by eating disorders and those supporting them.

🔗 Visit the Beat website [Safeguardi…d Children | Word]

Childline

Children and young people can contact Childline about anything that is worrying them.

📞 **0800 1111**

🔗 Visit Childline [childline.org.uk]

🌱 **Drugs, Alcohol & Tobacco**

FRANK

Straightforward information, support and advice about drugs and alcohol.

📞 **0300 123 6600**

🔗 Visit Talk to FRANK [talktofrank.com]

YoungMinds

Information for young people about drugs and alcohol, including how they can affect mental health and where to get help.

🔗 YoungMinds – Drugs and Alcohol Support [youngminds.org.uk]

💬 Bullying

Anti-Bullying Alliance

Information, resources and advice about bullying for children, families and schools.

🔗 Visit the Anti-Bullying Alliance [Safeguardi…d Children | Word]

🍽️ Food & Practical Support

inHope Bristol

A Bristol-based charity supporting people experiencing difficulties including hunger, homelessness, addiction and poor mental health. [inhope.uk]

🔗 Visit inHope Bristol [inhope.uk]

💛 Talk to Us

You don't have to manage a worry on your own.

If you are a **pupil, parent or carer** and something is worrying you, please speak to a member of the **Manor Wood team**. We will listen, take your concerns seriously and help you access the right support.

Speak up. Reach out. We are here to help.