

# Safeguarding, Personal Health & Well-being

Welcome to the Safeguarding, Personal Health and Well-being section. Here you will find information and advice on how to keep yourself safe, be healthy and stay in control of your life.

## NEED TO TALK TO SOMEONE?

Talk to any teacher about your worries or go to Ms Dobson's office - Room 3.13



If you are worried about anything, it could be something big or something small - don't bottle it up. It can really help if you talk to someone. If there is something on your mind, ChildLine is here for you.  
<https://www.childline.org.uk>

**Advice on how to stay safe online** – Website includes lots of info for young people, parents and practitioners about staying safe online [www.thinkyouknow.co.uk](http://www.thinkyouknow.co.uk)

**Brook** - Brook's services are free and confidential. This means when you visit our services or use the Ask Brook text and webchat we won't tell anyone outside Brook without your permission, including your parents, and even your doctor, unless we are really worried about you. 374 Brixton Road, Brixton, SE9 7AW Tel: 020 7787 50000/1 <https://www.brook.org.uk>

### Information on Self-harm

Information resource for young people who self-harm. [www.selfharm.org.uk](http://www.selfharm.org.uk)



**Come Correct C-Card Scheme** – Free condoms are available to under 25's. To find out more information visit [www.comecorrect.org.uk](http://www.comecorrect.org.uk)



**What is the Gaia Centre?** The Gaia Centre provides confidential, non-judgmental and independent support services for those living in the London borough of Lambeth who are experiencing gender-based violence. Our services support women and girls aged 13 and over, and men aged 16 or over – including those who are lesbian, gay, bisexual, or are unsure of their sexuality. Tel: 020 7733 8724 or email [lambethvawg@refuge.org.uk](mailto:lambethvawg@refuge.org.uk)



Victim Support is the independent charity which helps people cope with the effects of crime. They provide free and confidential support and information to help victims deal with their experience. Tel: 0808 1689111



Information about mental health and emotional well-being. Downloadable podcasts with advice on various sensitive issues. [www.youngminds.org.uk](http://www.youngminds.org.uk)

**NSPCC** - Call 0808 800 5000 or email [help@nspcc.org.uk](mailto:help@nspcc.org.uk)

**POLICE** – Call 101 or Emergency Services Call - 999