

## Safety and Wellbeing

This section provides useful **links to services offering support and advice on safety and wellbeing** for parents / carers and pupils.



<http://otrtwickenham.com>

Confidential support, information and counselling services for young people in Richmond borough.

Walk-in: 2 Church Street, Twickenham, TW1 3NJ

Tuesday 2pm to 8pm, Wednesday 3:30pm to 8pm, Thursday 3:30pm to 8pm, Friday 2:30pm to 6:30pm, Saturday 10am to 2pm

Tel. 020 8744 1644 Email: [info@otrtwickenham.com](mailto:info@otrtwickenham.com)



[CHILDLINE.ORG.UK](http://CHILDLINE.ORG.UK)

0800 1111

**CALL, CHAT ONLINE OR EMAIL** You can contact Childline about anything. Whatever your worry, it's better out than in. They're here to support you and help you find ways to cope.



<https://kooth.com>

Free Safe Anonymous online chat and emotional well-being platform for children and young people, accessible through mobile, tablet & PC.

# YOUNG Mi MINDS

<https://youngminds.org.uk/>

UK's leading charity committed to improving the wellbeing and mental health of children and young people.

For advice and a list of services for support with mental health problems.



<https://www.talktofrank.com/>

0300 123 6600

LIVE CHAT

TEXT: 82111

EMAIL [frank@talktofrank.com](mailto:frank@talktofrank.com)