



Kooth is a free online service offering emotional and mental health support for children and young people

[www.kooth.com](http://www.kooth.com)

## What If...

*I don't feel safe?*



**#teamchsg**



### Your online mental wellbeing community

Free, safe and anonymous.

Call to get any advice for yourself or your friend anonymously.

#### Just some of the things you'll find on Kooth



##### Magazine

Helpful articles, personal experiences and tips from young people and our Kooth team.



##### Discussion Boards

Start or join a conversation with our friendly Kooth community. Lots of topics to choose from!



##### Chat with the team

Chat to our helpful team about anything that's on your mind. Message us or have a live chat.



##### Daily Journal

Write in your own daily journal to track your feelings or emotions and reflect on how you're doing.

### Carshalton High School for Girls

Excellence: everywhere, every day.

part of the  Girls' Learning Trust

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## What if...

### I don't feel safe?

Think about what it is that is making you feel unsafe, tell someone outside of that environment who you feel confident to talk to.

Talk to a professional or trusted adult

You can report your concern via Sharp on the school website, this will alert the safeguarding team.

You can contact Childline or the NSPCC online or by phone

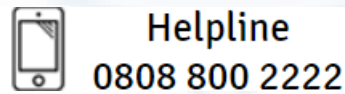
Contact the police this can be done via 101 online or if you are at immediate risk of harm call 999 [www.met.police.uk/ro/report](http://www.met.police.uk/ro/report)



## For further support

### Call 0800 11 11

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



[www.bullying.co.uk](http://www.bullying.co.uk)



[www.teenagehelpline.org.uk](http://www.teenagehelpline.org.uk)




[support@teenagehelpline.org.uk](mailto:support@teenagehelpline.org.uk)

## YOUNGMINDS

fighting for young people's mental health

**Your feelings are valid**

If you're struggling with your feelings, you're not alone. We have loads of practical tips and advice from young people just like you, as well as information on getting the support you need.

**YoungMinds Textline** 

Text YM to 85258.