



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

www.kooth.com

What If...

I am worried about a friend?



[#teamchsg](https://twitter.com/teamchsg)



Carshalton High School for Girls

Excellence: everywhere, every day.

part of the  Girls' Learning Trust

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8931

office@chsg.org.uk
www.chsg.org.uk

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.

What if...

I am worried for my friend?

- Encourage your friend to talk to their tutor teacher or Pastoral Support Officer.
- Talk to your tutor on their behalf.
- Talk to your Pastoral Support Officer expressing your concern.
- Report using SHARP on the school website.
- Encourage your friend to talk to a trusted adult.
- Talk to an adult – you can break a secret if you are worried.
- You are not responsible for your friend but telling someone why you are worried for them will get them the help they may need.

Help them to get the help they deserve...

For further support

Call 0800 11 11

www.childline.org.uk

childline

ONLINE, ON THE PHONE, ANYTIME



Helpline
0808 800 2222

www.bullying.co.uk

NEED TO TALK?



www.teenagehelpline.org.uk

**TEENAGE
HELPLINE**



Need Support? 

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.