

# Student Support



We all find life challenging at times and it can be especially hard if you don't know where to turn for help. Hopefully the organisations listed below may go some way to offering you some support with your problem.

*If you are concerned about about your child's wellbeing, please do not hesitate to contact Farmor's School so that we can support everyone concerned.*

**Action for Children** - Worried that your parents are splitting up? You may be feeling sad and confused. This website is for you to help you understand and feel a bit better about the situation [www.itsnotyourfault.org](http://www.itsnotyourfault.org)

**Alternative Solutions to Running Away (ASTRA)** providing alternative solutions to running away and help to young runaways in Gloucestershire. Tel: 0800 389 4992

**Anti-Bullying** - For information, counselling and understanding for bullied children and their families [www.anti-bullyingalliance.org.uk](http://www.anti-bullyingalliance.org.uk) or [www.bullying.co.uk](http://www.bullying.co.uk)

**B-eat** - Beat provides helplines, online support and a network of UK-wide self-help groups to help adults and young people in the UK beat their eating disorders. Website: <http://www.b-eat.co.uk/get-help/online-community/young-people/>

**Barnardos** - a national service working with young children with a wide range of issues every year; including family problems, relationships, being a young carer, self-harm, neglect and much more. The service is free and confidential. Tel: 020 8550 8822. Website: [www.barnardos.org.uk](http://www.barnardos.org.uk)

**British Pregnancy Advisory Services** - information about unplanned pregnancy and the choices available. Website: [www.bpas.org/bpasyoungpeople](http://www.bpas.org/bpasyoungpeople)

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**Childline** - a free and confidential service that answers calls from children that answers calls from children and young people in Gloucestershire who are in trouble. They help with any issues such as self-harm, neglect, stress, peer pressure and friendship issues. Freephone: 0800 1111. [www.childline.org.uk/pages/home.aspx](http://www.childline.org.uk/pages/home.aspx)

**Children in Need of Counselling Help** - supports children and young people who are experiencing the distress of family separation. A free service for children aged 8-18 years of age who live in the Gloucestershire area. Tel 01452 411843.

**Cyber Bullying** - help with all aspects of cyber bullying including abusive comments, blackmailing, hacking and picture sharing can be found at [www.kidscape.org.uk/cyber-bullying](http://www.kidscape.org.uk/cyber-bullying), [www.childnet.com](http://www.childnet.com) and [www.saferinternet.org.uk](http://www.saferinternet.org.uk)

**FRANK** - offers free and confidential advice on drugs. Ring 0800 77 66 00 or visit their website [www.talktofrank.com](http://www.talktofrank.com)

**Gay and Lesbian Friend Helpline.** Provides support and information for gay, lesbian, bisexual people and anyone uncertain of their sexuality. Mon-Fri 7.30pm-10.30pm. Tel: 01452 306800. Website [www.gay-glos.org/youth.htm](http://www.gay-glos.org/youth.htm)

**Get Connected** - are here to help you whatever the problem. They provide a free, confidential helpline that gives you the support and information you need to decide what you want to do next. You might need to be put in touch with somewhere safe to stay for a night or need to be referred to an organisation that deals with eating disorders or you just need a listening ear. Their contact details are: telephone: 08088084994, email: [help@getconnected.org.uk](mailto:help@getconnected.org.uk). Webchat open 7pm-10pm every day. Website is [www.getconnected.org.uk](http://www.getconnected.org.uk)

**Gloucestershire Youth & Community Services** - support, guidance and activity programmes for young people aged 14-25 years old. Tel: 01452 426391. Website: [www.youthandcommunity.org.uk](http://www.youthandcommunity.org.uk)

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**Gloucestershire Young Carers** support for those children who find themselves looking after a parent or sibling at home - [www.glosyoungcarers.org.uk](http://www.glosyoungcarers.org.uk)

**Infobuzz** - InfoBuzz aims to promote positive change in the lives of young people through providing individual support around drugs & emotional health issues, learning opportunities for groups focusing on the development of personal & social skills, and information & support around substance misuse  
<http://www.infobuzz.co.uk/>

**NACOA** - Providing information, advice and support for everyone affected by a parent's drinking. Website <http://www.nacoa.org.uk/>

**Winston's Wish** - Every 22 minutes a child in Britain is bereaved of a parent; this equates to 24,000 newly bereaved children each and every year. Winston's Wish is the leading childhood bereavement charity in the UK. [www.winstonswish.org.uk](http://www.winstonswish.org.uk)

**Samaritans** - Confidential listening service staffed 24 hours a day, 365 days a year for those who are troubled, in despair or suicidal. National telephone number 08457 90 90 90 or website [www.samaritans.org.uk](http://www.samaritans.org.uk) or email: [jo@samaritans.org](mailto:jo@samaritans.org)

**TESS** - Text and email support services for girls and young women affected by self-injury. Text 07800 472908 - [www.selfinjurysupport.org.uk](http://www.selfinjurysupport.org.uk). Opening times Monday to Friday 7pm-9pm

**YoungMinds** is the UK's leading charity committed to improving the emotional wellbeing and mental health of children and young people. Driven by their experiences we campaign, research and influence policy and practice. Website is: [www.youngminds.org.uk](http://www.youngminds.org.uk)