



The
Beaconsfield
School
A Specialist Arts College

Support Services and Helpline Information

Remember to talk to any member of staff or the School Nurse



Free Helpline 0800 02888840

<https://childbereavementuk.org/>



Free, safe, anonymous online support for young people

<https://www.kooth.com/index.html>



Free helpline 0808 808 1677

<https://www.cruse.org.uk/>



Helpline 0300 303 5999 (local charges)

<https://www.mind.org.uk/>



Free helpline 116 123

<https://www.samaritans.org/>



Crisis Messenger Free Text Service text: THEMIX to 85258

Free Helpline 0808 808 4994

<https://www.themix.org.uk/get-support/speak-to-our-team>

Discovering the Potential in All



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Free Apps to download

Remember to talk to any member of staff or the School Nurse



Calm Harm

<https://calmharm.co.uk/>

Hub of Hope

Hub of Hope 

<https://hubofhope.co.uk/>

A national mental health database which brings together organisations and charities who offer mental health advice and support, together in one place.



7 Cups

<https://www.7cups.com/>

Provides online therapy and free support to people experiencing emotional distress

Headspace



<https://headspace.com>

Helping dealing with stress using guided meditations and mindfulness techniques, also sleep aid advice.

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