

Student Wellbeing

Mental Health and Bereavement

NHS: [Self-referral](#) :: [Lincolnshire Young Minds \(lpft.nhs.uk\)](#)

Lincolnshire County Council: [Emotional wellbeing and mental health – Lincolnshire County Council](#)

Healthy Minds Lincolnshire: [Healthy Minds Lincolnshire :: Lincolnshire Young Minds \(lpft.nhs.uk\)](#)

Child Line: [Childline](#) | [Childline](#)

The Mix: [Get Support - The Mix](#)

Young Minds: [YoungMinds](#) | [Mental Health Charity For Children And Young People](#) | [YoungMinds](#)

Papyrus: [Papyrus UK Suicide Prevention](#) | [Prevention of Young Suicide \(papyrus-uk.org\)](#)

Winstons Wish: [Grief support for young people](#) | [Winston's Wish \(winstonswish.org\)](#)

Kooth.Com: [Home - Kooth](#)

Sexuality and Gender

Young Minds: [Sexuality and mental health](#) | [Understanding Your Sexuality](#) | [YoungMinds](#)

Child Line: [Sexuality](#) | [Childline](#)

Stonewall: [Stonewall Young Futures](#) | [Stonewall](#)

Relationships

NSPCC: [Healthy relationships](#) | [NSPCC](#)

Sexual Violence and Harassment

IDAS: [Consent and Young People - Sexual Violence Help and Advice \(idas.org.uk\)](#)

NSPCC: [Sexual abuse](#) | [NSPCC](#)

Lincolnshire Rape Crisis: [Lincolnshire Rape Crisis :: A specialist support service for survivors of sexual violence Lincolnshire](#)

Child Line: [Sexual harassment](#) | [Childline](#)

Drugs, alcohol, vaping and smoking

Quit: [Youth Services](#) | [Supporting smokers to stop smoking](#) | [Help giving up smoking](#) | [QUIT](#)

Smokefree.gov: [Quit Vaping](#) | [Smokefree Teen](#)

Horizon: [Horizon](#) | [Lincolnshire](#)

Puberty

Child Line: [Puberty and your body](#) | [Childline](#)

Online safety

NSPCC: [Keeping children safe online](#) | [NSPCC](#)

Internet Matters: [Teens 14+ online safety advice and expert tips](#) | [Internet Matters](#)

NSPCC: [Remove nude images shared online](#) | [NSPCC](#)

Exploitation and County Lines

NSPCC: [Criminal exploitation and gangs](#) | [NSPCC](#)

NSPCC: [Protecting children from county lines](#) | [NSPCC Learning](#)

Bullying

Anti Bullying Alliance: [Anti-Bullying Alliance](#)

Young Carers

Lincolnshire County Council: [Young carers – Young carers service - Lincolnshire County Council](#)

Barnardo's: [Young carers | Barnardo's \(barnardos.org.uk\)](#)

Carers Trust: [Young Carers - Help & Support | Carers Trust](#)

Keeping safe

Things to consider:

Who can you talk to?

What can you do to keep yourself distracted?

What has triggered my thoughts and what can I do to help myself?

Always tell a grown-up where you are going, who you are going to be with and arrange a time to be home.

Have your phone with you and ensure its fully charged.

Think about the places you are visiting and the people you are spending time with; are they safe, do you feel at risk, are you pressured to do things you do not want to do.

Tips:

Listen to music

Play games

Talk to friends and family

Go for walk with

Use the signposting information to talk to services

Colouring and drawing

Play a sport or do exercise

Writing

If you are at risk, feel unsafe or are concerned about someone else then you must contact the Police on 999.

