

List of Numbers you may need for help and support:

Lakelands Academy (you can call and ask for a teacher or any member of the Wellbeing Team): 01691 622543

Child line: 0800 111 and a 1-2-1 Counsellor Chat can be found on: <https://www.childline.org.uk/get-support/1-2-1-counsellor-chat/>

Kooth (an online mental wellbeing community): <https://www.kooth.com/>

School Nurse/ CHAT Health Text Service: 07507330346

Young Minds: Text the [Young Minds Crisis Messenger](#) for free 24/7 support across the UK if you are experiencing a mental health crisis.

If you need urgent help text YM to 85258.

All texts are answered by trained volunteers, with support from experienced clinical supervisors.

Texts are free from EE, O2, Vodafone, 3, Virgin Mobile, BT Mobile, GiffGaff, Tesco Mobile and Telecom Plus

Shropshire Council Bereavement Support: 03456789028