

Pastoral Pathways for Year 11 Pupils

+16



Mental Health

As a 16 year old your access to support for your mental health will change. You can get support by going to your GP and discussing your worries. You can also continue to get support for your mental health and wellbeing through the services listed and by speaking to your student services representative if you are at college or on an apprenticeship.

PAPYRUS

Young suicide prevention society.
Phone: HOPELINEUK 0800 068 4141 (Monday to Friday, 10am to 10pm, and 2pm to 10pm on weekends and bank holidays)
Website: www.papyrus-uk.org

Samaritans

Confidential support for people experiencing feelings of distress or despair.
Phone: 116 123 (free 24-hour helpline)
Website: www.samaritans.org.uk

Crisis

The Crisis Team is for those times where you need help immediately
Phone: 01282 628455; 01282 657222 (out of hours)
Website: <https://www.lscft.nhs.uk/crisis>

YoungMinds

Information on child and adolescent mental health. Services for parents and professionals.
Phone: Parents' helpline 0808 802 5544 (Monday to Friday, 9.30am to 4pm)
Website: www.youngminds.org.uk

ELCAS

East Lancashire child and Adolescent Service
Mental Health services for young people up to 18
Phone: 01282 804804
Website: ELCAS



Safeguarding

Now that you have left school you may feel alone with any worries you may have about life out of education or at home. You can get support for any worries about your safety through the services listed and by speaking to your student services representative if you are at college or on an apprenticeship.

NSPCC

Children's charity dedicated to ending child abuse and child cruelty.
Phone: 0800 1111 for Childline for children (24-hour helpline)
0808 800 5000 for adults concerned about a child (24-hour helpline)
Website: www.nspcc.org.uk

We are With you

Advice and support about Drugs, Alcohol and Mental Health
Phone:
Website: <https://www.wearewithyou.org.uk/>

Children's Social Care

Support from Social Services
Phone: 0300 123 6720 (Mon - Fri 08:00-17:00)
0300 123 6722 (Out Of Hours)

Refuge

Advice on dealing with domestic violence.
Phone: 0808 2000 247 (24-hour helpline)
Website: www.refuge.org.uk

Rape Crisis

Support for victims of sexual assault
To find your local services phone: 0808 802 9999 (daily, 12pm to 2.30pm and 7pm to 9.30pm)
Website: www.rapecrisis.org.uk



Help and Advice

You may feel like there are things that you want to talk to people about but you are unsure where to turn. Student Services will be able to help with everything from crisis to problems with your work in college or apprenticeship placement. Remember, Speak up!

Bereavement

Cruse Bereavement Care
Phone: 0808 808 1677 (Monday to Friday, 9am to 5pm)
Website: www.cruse.org.uk

Victim Support

Support for people who have been the victim of crime
Phone: 0808 168 9111 (24-hour helpline)
Website: www.victimsupport.org

National Careers Service

Advice and guidance for Careers, Further and Higher Education
Phone: 0800 100 900
Website: <https://nationalcareers.service.gov.uk/>

Citizens Advice

Advice and guidance for everything from debt and housing to legal support and Benefits
Phone: 0800 100 900
Website: <https://www.citizensadvice.org.uk/>

Youth Zone

Advice and guidance for young people in Lancashire, they can support with any area and signpost you to other services if they can't help you themselves
Phone: 0800 51 11 11
Text: 07786 51 11 11
Website: <https://www.lancashire.gov.uk/youthzone/>



College Support



Thomas Whitham
Sixth Form

