



Oakfield House
School

WEBSITE	WHO IS IT FOR?	PHONE NUMBER	WEB ADDRESS
Childline	24 hour helpline for under 18s	0800 11 11	www.childline.org.uk
NSPCC	24 hour child protection helpline	0800 800 5000	www.nspcc.org.uk
Young Minds	Emotional help	0800 802 5544	www.youngminds.org.uk
Mental Health Foundation	Mental health issues helpline	020 7803 1100	www.mentalhealth.org
No Panic	Help with anxiety disorders	0844 967 4848	www.nopanic.org.uk
Kooth	Online support for young people		www.kooth.com
Safeguarding Resource Hub	Resources for vulnerable pupils		www.safeguardingresourcehub.co.uk