

## Where to get help

Help in school:

All these people are here to support you:

- Your Form Tutor
- Your Learning Co-ordinator/Learning Co-ordinator Assistant
- A member of SLT
- Any other adult who is wearing a blue lanyard, or your Peer Mentor
- Your key worker

Careers information and guidance:

- Mrs J Roche

Useful Websites:

- [www.lincs4u.co.uk](http://www.lincs4u.co.uk)
- [www.nationalcareersservice.direct.gov.uk](http://www.nationalcareersservice.direct.gov.uk)

Other useful websites (if you are worried about anything please talk to an adult in school first)

- Family Lives (previously Parent line Plus) 0808 800 2222 - gives support and advice for parents on any aspect of parenting and family life, including bullying. <http://www.familylives.org.uk/how-we-can-help/confidential-helpline>
- Contact has a helpline for families with disabled children - they can give advice on bullying issues. You can contact them on 0808 808 3555 and visit their website for more information - <https://contact.org.uk/>
- The Child Exploitation and Online Protection Centre (CEOP) provides help and advice on cyberbullying, the Centre maintains a website called Think U Know for children and young people, and parents and carers about staying safe online. <https://www.ceopeducation.co.uk/>
- Internet Matters provides regularly refreshed content to support parents and carers with all aspects of e-safety. Includes lots of advice on technology that can help you to protect your child online and helpful content relating to cyberbullying. <https://www.internetmatters.org/>
- Kidscape provide workshops for children that need support with bullying issues as well as a helpline for parents and carers. <https://www.kidscape.org.uk/>
- NSPCC has a free helpline for parents and carers - 0808 800 5000. <https://www.nspcc.org.uk/keeping-children-safe/online-safety/>