

## Safety and Wellbeing

This section provides useful **links to services offering support and advice on safety and wellbeing** for parents / carers and pupils.



<http://otrtwickenham.com>

Confidential support, information and counselling services for young people in Richmond borough.

Walk-in: 2 Church Street, Twickenham, TW1 3NJ

Tuesday 2pm to 8pm, Wednesday 3:30pm to 8pm, Thursday 3:30pm to 8pm, Friday 2:30pm to 6:30pm, Saturday 10am to 2pm

Tel. 020 8744 1644 Email: [info@otrtwickenham.com](mailto:info@otrtwickenham.com)



[CHILDLINE.ORG.UK](http://CHILDLINE.ORG.UK)

0800 1111

**CALL, CHAT ONLINE OR EMAIL** You can contact Childline about anything. Whatever your worry, it's better out than in. They're here to support you and help you find ways to cope.



<https://kooth.com>

Free Safe Anonymous online chat and emotional well-being platform for children and young people, accessible through mobile, tablet & PC.

# YOUNG Mi MINDS

<https://youngminds.org.uk/>

UK's leading charity committed to improving the wellbeing and mental health of children and young people.

For advice and a list of services for support with mental health problems.

## FRANK

Friendly, confidential drugs advice

<https://www.talktofrank.com/>

0300 123 6600

LIVE CHAT

TEXT: 82111

EMAIL [frank@talktofrank.com](mailto:frank@talktofrank.com)



<https://www.richmond.gov.uk/portus/>

**Are you in crisis?**

24/7 Mental Health Crisis Line: **0800 028 8000**

**Do you have a safeguarding issue?**

During Office  
Hours Call:

Kingston & Richmond  
**020 8547 5008**

Wandsworth  
**020 8871 6622**

Outside Office Hours  
Emergency Duty Team:

Kingston & Richmond  
**020 8770 5000**

Wandsworth  
**020 8871 6000**

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<https://shorespace.org.uk/>

**It's important to feel in control of what happens in the digital world. Being online can be confusing, and you can encounter conflicting advice and information on sexual relationships through pornography, social media or other online sources.**

**Our website offers upfront and clear information on sex and the law to make sure you:**

- are well informed
- feel supported
- know where you can go for help if you have any concerns or questions

<https://shorespace.org.uk/i-need-help-now/>