Student Support

There may be times when students need external support to deal with issues, going on in or outside of school. At Barnwell we pride ourselves on our student focussed approach and have a variety of agencies that support the school.

If students can not be supported by our in school agencies, we are able to refer to more appropriate agencies. Please contact the pastoral team if additional support is required.

Below are a range of organizations that will provide information and advice on a range of topics that young people may experience whilst growing up.

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| Organisation | Areas of Expertise | Contact Details |
| General | | |
| Bullying UK | Offer advice if you or someone is being bullided. They also have a free, confidential helpline for parents | Open: Mon-Fri 9am-9pm, Weekends 10am – 3pm  Tel: 0808 800 2222 Web: www.bullying.co.uk |
| Chat Health | A texting service for 11 – 19 year olds in Hertfordshire, where you can text your school nurse for guidance and support. | Open Mon – Fri 9am – 5pm  Text: 07480 635 050 |
| Health for Kids | Provides information for children on staying healthy and understanding feelings | Web: www.healthforkids.co.uk |
| Health for Teens | Provides an advice website on all aspects of health for teenagers, provided by the NHS | Web: Healthforteens.co.uk |
| NHS 111 | If you need urgent medical advice but it is not an emergency | Call: 111  (In case of an emergency or life threatening situation call 999) |
| NHS Stop Smoking Service | If you would like advice and support in stopping smoking you can visit the website to find your closest service | Web: 111.nhs.uk/smokefree |
| Crisis Support | | |
| Samaritians | Free confidential support 24/7 | Call: 116 123 |
| Childline | Free 24hr counselling service | 0800 1111 |
| HPFT Single Point of Access (SPA) | Take referrals for NHS mental health services | Call: 0300 777 0707 (8am – 7pm) |
| GP | Make an urgent appointment to discuss your mental health needs | Registered GP |
| Mental Health | | |
| Big White Wall | Online support network for 16+ years | Web: www.bigwhitewall.com |
| Healthy Young Minds in Herts | Provides information for children and young people on keeping mentally well and where to seek support | Web: www.healthyyoungmindsinherts.org.uk |
| Mind | Have information to better understand diagnoses and managing mental health on their website | Web: www.mind.org.uk |
| The Mix | Information and support for the under 15’s covering a range of topics including mental health. | Open 11am – 11pm daily.  Tel: 0808 808 4994  Web: www.themix.org.uk |
| Yound Minds | Provide information about all things mental health, from medication to coping strategies | Web: www.youngminds.org.uk |
| Counselling | | |
| Childlline | Offer free, confidential counselling for under 19’s through their helpline and webchat | Tel: 0800 1111  Web: [www.childline.org.uk](http://www.childline.org.uk) |
| Kooth | Provides free,. Anonymous online counselling for 10-25 year olds. You can IM counsellors Mon-Fri, midday – 10pm, and Sat – Sun 6pm – 10pm | Web: www.kooth.com |
| Tilehouse Counselling | Supporting young people with issues that they can’t cope with. | [www.tilehouse.org](http://www.tilehouse.org)  Telephone: 01462 440244 |
| Talktime | National counselling support | Telephone: 0300 100 1234 |
| The Living Room | Addiction and Counselling | [www.thelivingroom.me.uk](http://www.thelivingroom.me.uk)  Telephone: 01438 355649 |
| Family Support | | |
| DrugFAM | Provide support to famililies, friends and carers who are struggling to cope with a loved on’s additional to drugs or alcohol | Tel: 0300 888 3853  Web: www.drugfam.co.uk |
| Families First | Offer support to the whole family through a variety of organisations | Web: www.hertfordshire.gov.uk/familiesfirst |
| Hertfordshire Domestic Abuse Helpline | Confidential, free helpline for anyone affected by domestic abuse, Mon-Fri 9am-9pm, Weekends 9am – 4pm | Tel: 08 088 088 088 |
| The Hideout | A website with advice and information about domestic abuse | Web: www.thehideout.org.uk |
| Yound Carers in Hertforshire | Offer practical and emotional support to young people with caring responsibilities | Web: www.ycih.org |
| Hertfordshire Domestic Abuse Helpline | Domestic Abuse | Telephone: 08 088 088 088 |
| Frank | Drugs | [www.talktofrank.com](http://www.talktofrank.com)  Telephone: 0800 77 66 00 |
| A-Dash (Adolescent, Drug and Alcohol Service) in Hertfordshire | Drugs and Alcohol | Telephone: 01923 427288 |
| Drink Aware | Alcohol | [www.drinkaware.co.uk](http://www.drinkaware.co.uk)  Telephone: 0800 917 8282 |
| NHS Hertfordshire Stop Smoking Services | Smoking | [www.smokefreehertfordshire.nhs.uk](http://www.smokefreehertfordshire.nhs.uk)  Telephone: 0800 389 3998 |
| Sex, Sexuality and Gender | | |
| Herts Aid | Offers guidance and support about sexual health | Tel: 01923 803 440  Web: www.hertsaid.co.uk |
| Mermaids | Provides support to young people who feel at odds with their birth gender, through their helpline. Mon – Fri, 9am-9pm. | Tel: 0344 334 0550  Web: www.mermaidsuk.org.uk |
| YC Hertfordshire | Have LGBTQ+ Support groups across the county | Tel: 0300 123 4043  Web: www.youthconnextions-hertfordshire.org |
| Young Pride in Herts | Run youth groups for LGBT 13-25 years | Tel: 07800 654518  Web: www.youngprideinherts.org.uk |
| Young Stonewall | Provide information and support for young LGBTQ+ individuals across the UK | Web: www.youngstonewall.org.uk |
| Youth Connexions | Information, Advice and Guidance on careers  One Stop Shop – for all issues | [www.youthconnexions-hertfordshire.org](http://www.youthconnexions-hertfordshire.org)  [www.channelmogo.org](http://www.channelmogo.org)  Telephone: 01438 749147 |
| Danestreet Clinic | Contraception | Telephone: 01438 737784 |
| Brook Advisory service | Pregnancy | [www.brook.org.uk](http://www.brook.org.uk)  Telephone: 0808 802 1234 |
| Bereavement | | |
| Child Bereavement UK | Advice on managing grief and local services | Web: [www.childbereavement.org](http://www.childbereavement.org) |
| Cruse Bereavement Care Hertfordshire | Support the wellbeing of anyone ages 5 – 18 years who’s experiences the death of a loved one. Leave a message on their 24hr helpline and they will contact you back | Tel: 01707 264 293  Web: www.cruse-hertfordshire.org.uk |
| Stand By Me | Offer children and young people in North Herts and Stevenage group work bereavement support. Also offer advice to parents and professionals working with young children | Tel: 07469 255 163  Web: www.stand-by-me.org.uk |