

Safeguarding Contacts and Pastoral Information

Childline childline.org.uk/ Call free on Tel: 0800 1111	The Source https://thesource.me.uk/your-mind/ Information and advice for young people in Suffolk	Emotional Wellbeing Hub Tel: 03456002090	NSPCC nspcc.org.uk/ If you are worried about a child Tel: 08088005000	NHS Tel: 111 Non-emergency advice line Tel: 111 Option 2 for First Response (Mental Health)
Kooth kooth.com/ Online wellbeing community	Stem 4 – Supporting Teenage Mental Health https://stem4.org.uk/	Papyrus Hopeline Prevention of Young Suicide papyrus-uk.org/ Tel: 08000684141 Mob: 07860039967	Domestic Abuse Helpline Tel: 08082000247	Police Tel: 101 Non-emergency line Tel: 999 Emergencies Only
Mental Health and Wellbeing on the MCA website https://www.mildenhall.attrust.org.uk/students-2/mental-health-wellbeing/	Fearless Enables young people to pass on information about crime 100% anonymously 0800 555 111 https://crimestoppers-uk.org/fearless	Samaritans Suicide Prevention samaritans.org/ Tel: 116 123	Customer First Social Care including out of hours for concerns Tel: 08088004005	MCA Safeguarding Team – 01638 714645 Lynne.mcsloy@attrust.org.uk Antony.ginn@attrust.org.uk Jessica.Wright@attrust.org.uk Jenna.wetton@attrust.org.uk Andy.Smith@attrust.org.uk Term time only.

Please note that staff do not routinely check their emails during holidays, weekends or outside of the academy day.