

Out of hours safeguarding support

At Holmer Green Senior School, the safety and wellbeing of our students is always our top priority—. While our safeguarding team is available during school hours, we understand that concerns can arise outside of these times.

This section provides **essential safeguarding contacts and resources** for evenings, weekends, and school holidays. Whether you're a student, parent, or member of the community, you'll find trusted links and helplines here to ensure support is always within reach.

If you or someone you know is in immediate danger, please call **999**

Childline – free 24-hour helpline for children and young people in the UK

0800 1111

childline.org.uk

NSPCC – Specialises in child protection and the prevention of cruelty to children.

Helpline (adults): 0800 800 5000

Helpline (children and young people): 0800 1111

help@nspcc.org.uk

nspcc.org.uk

Mental health support

Papyrus – Charity for the prevention of young suicide, offering confidential support and awareness training.

Helpline: 0800 068 41 41

papyrus-uk.org

Kooth – online counselling support

www.kooth.com

Samaritans -Emotional support for anyone feeling down, experiencing distress or struggling to cope.

24-hour helpline: 116 123 (freephone)

[Samaritans.org](https://www.samaritans.org)

Young Minds – National charity committed to improving the mental health of all babies, children and young people. Provides information for both parents and young people. Young Minds has a Crisis Messenger service which provides free, 24/7 crisis across the UK. Young people can access the text-message based service by texting YM to 85258.

020 7089 5050 (general enquiries)

0808 802 5544 (parents helpline, for any adult with concerns about the mental health of child or young person)

[Youngminds.org.uk](https://www.youngminds.org.uk)

StudentMinds – Student Minds is the UK's student mental health charity. We empower students with the knowledge, confidence and skills to look after their own mental health and support others through our national network of university groups. One conversation at a time, we will transform the state of student mental health.

[Studentminds.org.uk](https://www.studentminds.org.uk)

Anxiety Alliance – Advice and support for sufferers of anxiety disorders, phobias, panic attacks and OCD. Support is available for friends and families of sufferers too.

Helpline: 0845 296 7877 (10am – 4pm, Monday to Friday)

[Anxietyalliance.org.uk](https://www.anxietyalliance.org.uk)

The Mix – Online guide to life for 16-25 year olds. Straight-talking emotional support is available 24 hours a day. Chat about any issue on our moderated discussion boards and live chat room.

[themix.org.uk](https://www.themix.org.uk)

