



## Who to contact if you are worried or unsure about something

<https://www.childline.org.uk/> 0800 1111

<https://www.mentalhealth.org.uk/a-to-z/c/children-and-young-people>

kooth.com

<https://www.ceop.police.uk/safety-centre>

<https://www.samaritans.org/about-samaritans/>

<https://www.crisistextline.uk/>

<https://www.anxiousminds.co.uk/> 0191 262 0305



## Who/where to contact if you need help or advice:

Uniform – <https://www.gshs.org.uk/information/uniform>

Online safety - <https://www.gshs.org.uk/students/it-use-online-safety>

Worried about a child's safety  
or welfare?

North Tyneside Front Door

**0345 2000 109**



Worried about your child's mental  
health?

Educational Psychologist helpline

**0191 6438739**