

# Need to talk?

If you need to talk to someone about an issue or concern that is worrying you.

Speak to a member of the Safeguarding team in LSU.

Text a message to **07563130478**.

Alternatively email us **textacademy@alcesteracademy.org.uk**



You can text or email the school at any time. Other contacts are:

## SAMARITANS

Struggling to cope?

116 123

**SAMARITANS**

## CHILDLINE

Whatever the worry

0800 11 11

Bullying & Cyberbullying,  
Sexuality, Abuse & Safety



## FRANK

Drugs Advice  
0300 123 66 00  
or text 82111



## HOPEline

Prevention of  
young suicide  
0800 068 41 41or  
text 07786 209697



## NSPCC

0800 1111



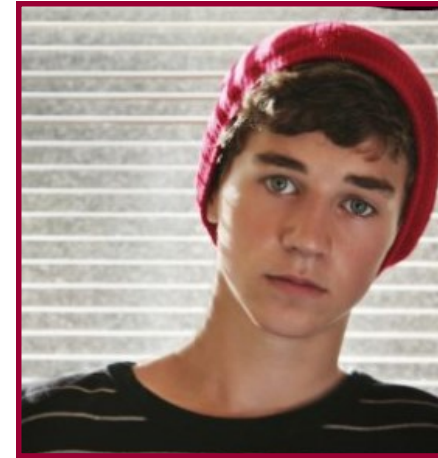
## SAFELINE

Sexual Abuse  
& Rape  
0808 800 5008



We are here to help.

# Be a friend



If you are worried or concerned about a fellow student please talk to a member of the Safeguarding team in LSU. Text a message to 07563130478. Alternatively email us [textacademy@alcesteracademy.org.uk](mailto:textacademy@alcesteracademy.org.uk).

We are here to help.