

At Walter Halls Primary School wellbeing is considered a great importance!
Below are some links and information for people you can contact should you need to.



Are you feeling unsafe because of something that is happening at home?

Do you wish you had someone to talk to?

We are all worried about Coronavirus, but sometimes things at home might be worrying you too.

If you feel unsafe and need to tell someone, this is what you can do:

Feeling sad, worried or alone?

You can:

Talk to an adult you trust who will listen and help you; call or email them.

Contact your teacher or school.
They are always there to listen and help.

Contact Childline

They listen and help children.
Call, chat online or email them.
www.childline.org.uk/kids

If someone is in danger

Call the police on 999

The Police are there to help in emergencies.

You can call them if

- Someone is hurting you
- Someone else is in danger or has been hurt and needs help

When you call, they will ask

Your name

What has happened

Your address

So they can come and help you.



Self-isolation and domestic abuse

Domestic Violence Assist

0800 195 8699

Men's Advice Line

0808 801 0327

Women's Aid National Domestic Abuse Helpline

(Assistance obtaining emergency injunctions)

0808 2000 247

National LGBT Domestic Abuse Helpline

0800 999 5428

National Centre for Domestic Violence

0800 970 2070

National Stalking Helpline

0808 802 0300

Victim Support

0808 1689 111

The Mix (Support for Under 25s)

0808 808 4994

Samaritans

116 123

Women's Aid Messaging Service

[chat.womensaid.org.uk](https://www.womensaid.org.uk)

Women's Aid Email (Response within 5 days)

helpline@womensaid.org.uk



NSPCC

Contact us

Contact our trained helpline counsellors 24 hours a day by email or our online reporting form.

You can also call us Monday to Friday 8am – 10pm or 9am – 6pm at the weekends.

help@nspcc.org.uk

0808 800 5000

[Report a concern](#)