

If you are worried about anything whilst not in school you can contact school for support:

- [fbailey@klbschool.org.uk](mailto:fbailey@klbschool.org.uk) if you are in years 7 - 9
- [hkhan@klbschool.org.uk](mailto:hkhan@klbschool.org.uk) if you are in years 10 - 13

We will help you or direct you to the person who can help you best.

**Childline** - you can access this anytime day or night on 0800 1111, this number is free to call or through the website <https://www.childline.org.uk/>

**Kooth** - [www.Kooth.com](http://www.Kooth.com) is an online counselling service you can use for support.

**Young Minds** - <https://youngminds.org.uk/> is a charity that provides advice & support for young people affected by poor mental health.

**999** - If there is an emergency and you are in danger of harm call 999. Remember this will take you directly to the emergency services.

