

# WELLBEING INFORMATION, ADVICE AND SUPPORT FOR STUDENTS

We all deserve to enjoy life and feel well. Sometimes however we need information, advice and guidance to help us cope better with the bad times, so here are some useful websites that may help.

[www.happyoksad.org.uk](http://www.happyoksad.org.uk) is a directory of local and national support services for mental health



[almahealth.co.uk](http://almahealth.co.uk) is a dedicated health and wellbeing website developed by Cheshire and Merseyside.

Are you worried about online sexual abuse or the way someone has been communicating with you online? Go to CEOP



Any concerned parents/carer's/guardians in relation to any nude images of their children or children in their care that may have somehow been shared online. A number of parents/carers do not want to pursue complaints and are keen just to get the image taken down – so by following this link, those concerned can then progress getting the image removed.

<https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/sexting/report-a-nude-image-online/>



County lines is the name given to drug running. [Fearless](http://Fearless.org) is a service that allows you to pass on information about crime 100% anonymously. This means you don't have to give any personal details.

Mylifewarrington.co.uk is your one-stop-shop of local services, advice and support for the whole family.

Mhm- mental health matters, talking matters, warrington.

Feeling anxious, stressed or depressed? Talking Matters Warrington may be able to help.

Tel: 01925 401 720

[www.warringtoniapt.org.uk](http://www.warringtoniapt.org.uk)

HOPELineUK – Papyrus a confidential helpline for the prevention of young suicide.



Refuge - Everyone has the right to feel safe; refuge are here to support you.

[www.refuge.org.uk](http://www.refuge.org.uk) or call the 24 hour Freephone National Domestic Violence Helpline 08082000 247



Kooth – free, safe and anonymous online support for young people

