

Helena Romanes School Safeguarding Student resources and support



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Safeguarding news - Friday 27th February 2026

WHO TO CONTACT IN A MENTAL HEALTH CRISIS?

NHS Mon-Fri 9am - 5pm: 0800 953 0222 Out of hours: 111

SAMARITANS 116 123

shout 85258 here for you 24/7

childline ONLINE, ON THE PHONE, ANYTIME 0800 1111

If you require urgent **medical** help, call 999.

essexmhst_and_setcamhs

essexmhst_and_setcamhs If you're struggling, you are not alone. Reaching out is a sign of strength and there are people ready to listen - day or night.

If you need urgent mental health support:
NHS 111 — select the mental health option

Text SHOUT to 85258 — for free, confidential support

Samaritans: 116 123 — someone to talk to, 24/7 or email: jo@samaritans.org (reply within 24 hours)

For children & young people: Call 0800 1111 — free, confidential, 24/7

You deserve support.
You deserve care.
You deserve to feel safe.

Please reach out - you never have to face this alone.

#EssexMHST #Mentalhealthsupport

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Comments on this post have been limited.

**Problems outside school?
Worried or Frightened?
Concerned about a friend?**

**ALL STAFF ARE
SAFEGUARDING TRAINED
AND THERE ARE
DESIGNATED STAFF IN
SCHOOL WHO CAN HELP
YOU...**

You can also speak to:

- Form tutor
- Head of Year
- Pastoral Leaders
- Class teacher
- Student reception
- Learning Support Assistants
- Senior Leadership Team



Mrs Grant-Bampton
**Senior Safeguarding officer
& Deputy Safeguarding Lead**
Her office is in B Block,
first floor, or ask for her in
student reception or e-mail
worrybox@hrs.education


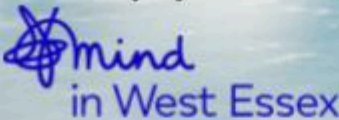

Mr Emberton
**Assistant Head Teacher &
Safeguarding Lead**
His office is in B Block first
floor, B100 or ask for him
in student reception, or
e-mail
worrybox@hrs.education

Who you can ask for help in school:

- Form tutor
- Head of Year
- Pastoral Leaders
- Class teacher
- Student reception
- Learning Support Assistants
- Senior Leadership Team
- Email worrybox@hrs.education
- Mr Emberton - Safeguarding Lead
- Mrs Grant-Bampton - Deputy Safeguarding Lead

Sources of support for students

Counselling and wellbeing services at Helena Romanes

WHO	WHEN	WHERE
<p>Professional counselling</p> 	<p>Monday 9.30am - 2.15pm</p>	<p>D07</p>
<p>Mental Health support</p> 	<p>Tuesday 9.00am - 12.30pm</p>	<p>D07</p>
<p>School nurse wellbeing drop in</p> 	<p>Thursday 11.30am - 1.30pm</p> <p>Friday 9.30am - 12.00pm</p>	<p>D07</p>

To ask for a counselling or wellbeing appointment please see your head of year, a pastoral leader, Mr Emberton or Mrs Grant-Bampton

If you are experiencing a mental health crisis and need to speak to someone, please call one of the following numbers:

Essex Out of hours Crisis support - 0300 555 1201

Young Minds Crisis Messenger text service (free 24/7 crisis support) - TEXT YM 8528

Samaritans, call for free 24/7, 365 days a year - Call 116113

Childline - Call 0800 111 www.childline.org.uk

- The number won't appear on your phone bill.
- Or you can also visit www.childline.org.uk to speak to a counsellor online.
- ChildLine is a private and confidential service.
- Confidential means not telling anyone else what you've said.
- This means that whatever you say, stays between you and ChildLine.
- They would only need to tell someone else if:
 - You ask them to
 - They believe your life or someone else's life is in immediate danger
 - You are being hurt by someone in a position of trust who has access to other children like a teacher or police officer
- You tell them that you are seriously harming another young person

Police emergency - 999



I'm worried about exploitation

Looking after my mental health

I need some help

Staying safe online

Children in Care Council

I'm a young carer

<https://www.escb.co.uk/young-people/>

Other sources of support:

The Southend, Essex and Thurrock Children's and Adolescent's Mental Health Service (SET CAMHS) provides advice and support to children, young people and families who are in need of support with their emotional wellbeing or mental health difficulties.

The service covers Southend, Essex and Thurrock and is open to young people under the age of 18.

Any child or young person experiencing mental health difficulties as well as any parent, guardian or professional can access the service for help and guidance.

Call SET CAMHS: Freephone 0800 953 0222

Email: SET-CAMHS.referrals@nelft.nhs.uk

NSPCC helpline for potential victims of sexual abuse

- 0800 136 663

<https://www.nspcc.org.uk/about-us/news-opinion/2021/sexual-abuse-victims-schools-helpline/>



I have or think I might have an eating disorder

Suffering with an eating disorder and struggling to cope? Our range of services can help.

[Our services for anyone experiencing an eating disorder - Beat](#)

I'm caring for someone with an eating disorder

Struggling to know what to do or say? Feeling alone? We're here for support.

[Our services if you're supporting someone with an eating disorders](#)



Talk ED is a national, peer-led charity supporting anyone affected by any eating disorder or eating distress. We will meet you wherever you are in your journey, with personalised support.

[Talk ED](#)

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Don't be mean behind the screen

Be extremely careful what you say and do online: That stuff sticks!

Block someone before it gets too out of hand

Do not add people on social media that you don't know! No quick add!!

Do not send anything you wouldn't want somebody else to see; digital footprint, Girls in particular should not feel pressured to send anything or feel pressured to change anything

Real Advice from year 12's

Don't message people you don't know

You don't need social media. If you have it, keep it private, don't accept friend requests from people you don't know

Make sure you know who people are before interacting with them

Don't quick add people on snapchat

Don't send nudes

don't share sexual images online to anyone

Real Advice from year 12's

Internet matters -

www.internetmatters.org

Online issues such as:

- Fake news and misinformation
- Screen time
- Inappropriate content
- Cyberbullying
- Online reputation
- Online grooming
- Online pornography
- Self harm
- Radicalisation
- Privacy

Advice about setting and controls including:

- Smartphones
- Gaming platforms
- Social media privacy guides

Guides and resources:

- Digital privacy
- Digital resilience toolkit
- Social media guide
- Guide to apps
- Set up safe device checklist

internet
matters.org



There is a button to **CEOP** on the school website: <https://www.helena-romanes.essex.sch.uk/>

CEOP helps young people who are being sexually abused or are worried that someone they've met is trying to abuse them. If you've met someone online, or face to face, and they are putting you under pressure to have sex, asking to share images or making you feel uncomfortable you should report to CEOP.

This might be someone:

- Making you have sex when you don't want to
- Chatting about sex online
- Asking you to meet up face to face if you've only met them online
- Asking you to do sexual things on camera
- Asking for sexual pictures of you
- Making you feel worried, anxious or unsafe

If this is happening to you, or you're worried that it might be, you can report this to CEOP

www.ceop.police.uk/safety-centre



Nude image of you online?
We can help take it down.

Report Remove is to help young people under 18 in the UK to confidentially report sexual images and videos of themselves and remove them from the internet.

Having your nudes shared can feel scary, and it can leave you feeling worried or even ashamed. But it's not your fault.

It's against the law for anyone to share a sexual image or video of someone who's under 18, and we're working with the Internet Watch Foundation (IWF) and Yoti to help you remove any sexual image or video of you that's online.

Report Remove is safe, easy and free - all you need to do is follow these steps:

- choose your age range
- create a Childline account so we can send you updates on your report
- report your image or video to the Internet Watch Foundation (IWF)
- talk to a Childline counsellor if you want any extra support, or access

support on the Childline website

- check your Childline locker a few days after your report to see if you need to add any more information and to see updates on your report
- report any issues with this process by sending an email from your Childline locker with the subject 'Report Remove' and as much information about the problem as you can.
- Read more about how to report an image or video. [Report Remove | Childline](#)

To access the Report Remove facility on the childline website please use the link below:

[Report Remove | Childline](#)

Take It Down

Get Started Resources and Support About Us Participants FAQ

English (English)

Take It Down.
Having nudes online is scary,
but there is hope to get it taken
down.

This service is one step you can take to help remove online nude, partially nude, or sexually explicit photos and videos taken before you were 18.

Get Started +

<https://takeitdown.ncmec.org/>

 UK Safer Internet Centre

Games, quizzes, films and advice to help you get the most out of the internet while staying safe online

[Children and young people - UK Safer Internet Centre](#)

childline

ONLINE, ON THE PHONE, ANYTIME

Online safety advice - [Staying safe online | Childline](#)

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Key Stage 5

Safeguarding when learning to drive.

We are aware that from time to time, concerns are raised by older students and their parents in West Essex about inappropriate conduct of driving instructors. We have been given the following information to help to safeguard those accessing driving lessons:

<https://www.gov.uk/learn-to-drive-a-car>

<https://www.gov.uk/find-driving-schools-and-lessons> (all instructors on the list will have had a DBS check and passed all the qualification tests to become an instructor)

<https://www.gov.uk/complain-about-a-driving-instructor>

<https://strutsafe.org/#>

Who we are

Strut Safe is a volunteer-operated and non-judgemental support line. We will stay on the phone with you until you arrive safely at your destination, no matter where you are going or where you have come from.

We stand in solidarity with marginalised people and are unaligned with the police. We provide kindness and reassurance to anyone who needs it during their travels.

Calling Strut Safe

Calls to Strut Safe can be made from anywhere in the UK and are almost always free, as they are included in phone packages with free minutes. If you do not have inclusive minutes, calls will be at the standard 03 rate for your mobile contract.

When you call Strut Safe, our automated system will transfer you to an available volunteer. Our volunteer will ask your name and location, then chat to you about whatever you want until you are safely through the door.

All of our volunteers go through a thorough interview and training process and they all hold valid Disclosure and Barring Service certificates.

If no volunteers are available when you call, you can choose to either leave a message or to hear a list of other phone lines that are open.



0333 335 0026

Thursdays: 19:00 - 01:00
Fridays & Saturdays: 19:00 - 03:00
Sundays: 19:00 - 01:00

British Sign Language

[About Us](#)

[Donate](#)

[Volunteer](#)

[Policies](#)

[Resources](#)

[Contact](#)



Strut Safe is a UK-wide phone line. If you're walking alone, our volunteers will be a friendly voice to keep you company and help you feel safe until you are through the door.

Frequently Asked Questions

Who can call Strut Safe?

Anyone can call Strut Safe! We do not require any personal information from our callers. Our Call Handlers may direct younger callers toward services specifically suited for people under 18.

When is it appropriate to call?

Our service is intended for anyone concerned about making their journeys alone. Our Call Handlers are there to keep you company while you're travelling from one point to another. If there is an emergency, please contact emergency services on 999.

Is it free to call?

Calls to Strut Safe can be made from anywhere in the UK and are almost always free, as they are included in phone packages with free minutes. If you do not have inclusive minutes, calls will be at the standard 03 rate for your mobile contract.

Will you ever expand your opening hours?

We are currently working towards opening the phone line on more days of the week. For updates, please check back with our website and follow us on social media.

How do I get involved?

Strut Safe will post to our social media and update [this page](#) whenever we are recruiting for new volunteers. You can also donate to Strut Safe by [clicking here](#). Donations help to cover the cost of the phone line and the infrastructure that keeps Strut Safe running.

What should I do if you're closed?

If there is an emergency, please contact emergency services via 999. You can also find a list of alternative phone lines and resources by [clicking here](#).

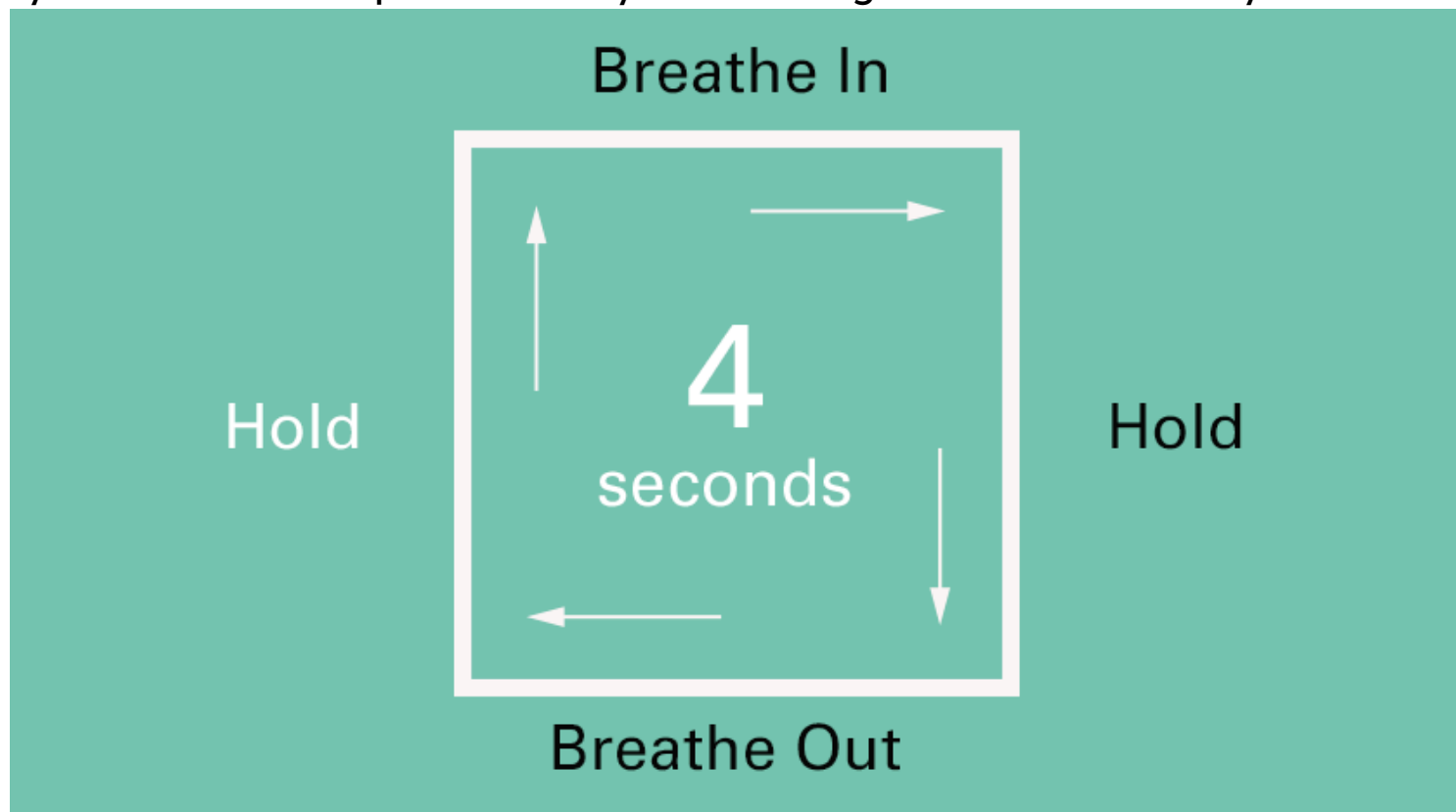
How can my organisation partner with Strut Safe?

If you are interested in partnering with us, please [email us](#) and our Outreach Team will be in touch!

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Mental Health resources for students

Box breathing, or 4x4 breathing, is a simple technique to induce calm by visualizing a box while inhaling for four counts, holding for four, exhaling for four, and holding again for four, repeating until a state of relaxation is achieved. This technique helps manage stress by regulating the nervous system and can be practiced anywhere to regain focus and clarity.



YOUNGMINDS
fighting for young people's mental health

Young Minds Crisis Messenger - 24/7 free support via text.

Text YM to 85258.

<https://www.youngminds.org.uk/>

YOUTH ACCESS

Information about local counselling and advice services -

www.youthaccess.org.uk

THE MIX

The Mix. Email support via online contact form. Free 1:1 webchat service available. Free short term counselling service available.

Phone 0808 808 4994. Open 4pm - 11pm 7 days a week.

<https://www.themix.org.uk/>

shout



Free, confidential, 24/7 text messaging support service for anyone who is struggling to cope.

<https://giveusashout.org/>

kooth

Online mental health and wellbeing community.

<https://www.kooth.com/>

SWITCH BOARD

<https://switchboard.lgbt/> Switchboard is the national LGBTQIA+ support line. For anyone, anywhere in the country, at any point in their journey. We can discuss anything related to sexuality and gender identity. Whether it's sexual health, relationships or just the way you're feeling. This is your space - to explore, talk and be

truly heard.

Useful mental health Apps for students

SAM - Anxiety management



HeadSpace - Meditation & Sleep



Calm harm - Calm Harm is a free app to help teenagers manage the urge to self-harm.



Clear Fear - learn to reduce the physical responses to threat as well as changing thoughts and behaviours and releasing emotions.



'Breethe' - Meditation/Anxiety



Stay Alive

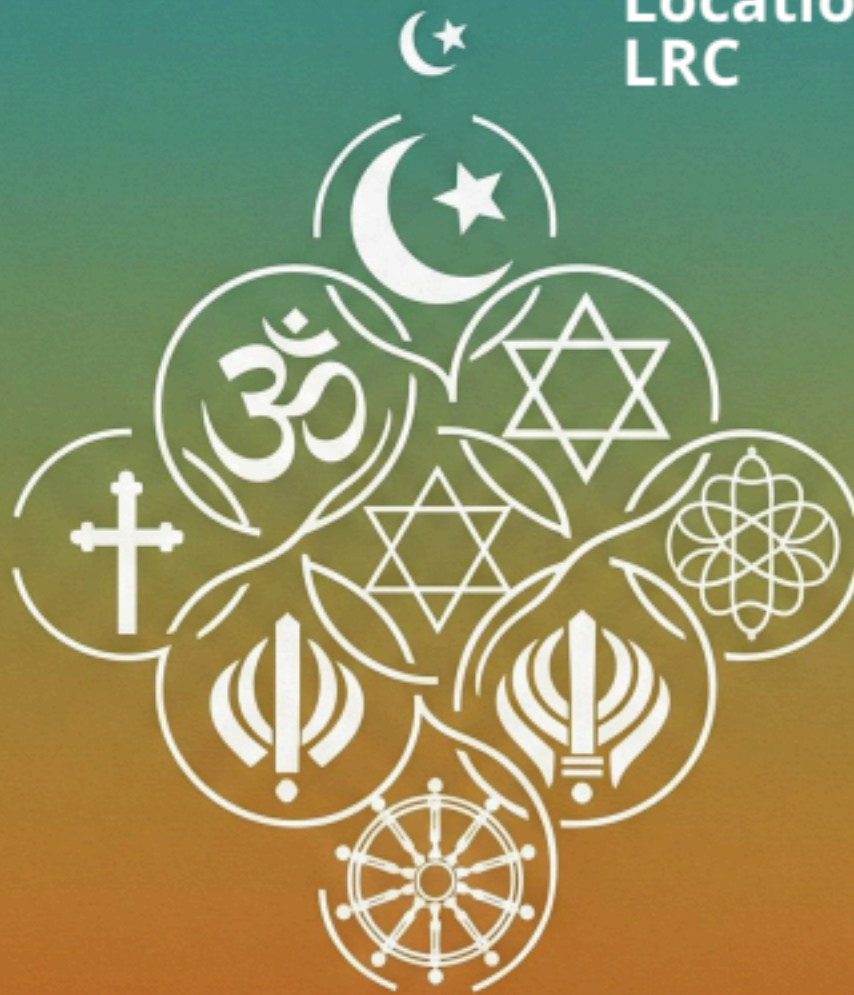
The Stay Alive app, developed by Grassroots Suicide Prevention, is a suicide prevention resource for the UK, packed full of useful information and tools to help you stay safe in crisis. You can use it if you are having thoughts of suicide or if you are concerned about someone else who may be considering suicide.



MULTI-FAITH PRAYER ROOM

ALL ARE WELCOME

Location :
LRC



A SPACE FOR QUIET REFLECTION,
PRAYER AND MEDITATION

OPEN DAILY 