Stay Safe, Stay Well

Whether you're at college, at home or in the community, support is always available if you need it. If you're worried about yourself or someone else, remember that you are not alone and help is always there.

Emergency Support

- **Emergency Services: 999**
  For when someone is in immediate danger or there is a medical emergency
- **Childline: 0800 1111**
  Free, confidential support for anyone under 19 years old
- **NSPCC Helpline (for adults): 0808 800 5000**
  Advice and support if you are concerned about a child

Mental Health & Wellbeing

- **Kooth: www.kooth.com**
  For free online mental wellbeing and counselling support for young people.
- **Hounslow Youth Counselling Service: 020 8568 1818**
- **NHS Talking Therapies: www.nhs.uk**
  Support for anxiety, depression and other common mental health difficulties. Under-18s may require a GP referral; those aged 18 and over can usually self-refer.
- **Samaritans: 116 123**
  Available 24 hours a day, 365 days a year
- **Childline: 0800 1111**
  Free, confidential support for anyone under 19 years old
- **NSPCC Helpline (for adults): 0808 800 5000**
  Advice and support if you are concerned about a child

West Thames College London

Ofsted Outstanding Provider

Social Care Support

If you are worried about your safety or the safety of another young person:

- **Contact London Borough of Hounslow Children's Social Care**
- **Children's Services Referral and Assessment Team: 020 8583 6600**
- **Out-of-hours Emergency Duty Team: 020 8583 2222**

Homelessness or Rough Sleeping

- **StreetLink: www.thestreetlink.org.uk**
  Report a rough sleeper or get help if you are sleeping rough.
- **London Borough of Hounslow Housing Support: www.hounslow.gov.uk**
  Contact your local council's Housing Team for housing advice and emergency accommodation support.

West Thames College Safeguarding Team

- **Email: safeguardingdisclosures@west-thames.ac.uk**
  Report safeguarding concerns or seek support if you are worried about yourself or another young person.

Remember

- If you feel unsafe, speak to a trusted adult.
- If there is an immediate risk of harm, call 999.
- Remember, you are not alone. Asking for help is a positive step, and support is available whenever you need it.