

External Support

We understand that families may need additional support at different times. Below is a quick-reference guide to trusted organisations offering confidential advice and specialist help.

If a child or young person is at immediate risk, call 999.

For safeguarding concerns, please contact the safeguarding team directly.



Wisdom	24/7 Wellbeing Helpline and App Unique Code: MHA342090
Mental Health	Anxiety UK Beams CAHMS
Young Carers	Money Helper Turn2us Citizens Advice
Online Safety	CEOP UK Safer Internet Centre
Gender & Sexuality	Gender Identity Clinic Mermaids
Financial Issues	USP College Bursary Peabody Citizens Advise
Bereavement	Cruse Marie Curie
Gang Involvement	Frank Children's Society
FGM	NSPCC
Sexual Assault	Cara SOS Rape Crisis
Sexual Health	BROOK Essex Provides
Relationships	ChildLine Men's Advice
Drug & Alcohol Abuse	Open Road Alcoholics Anonymous
Gambling	GamCare
Radicalisation	Internet Matters Educate Against Hate
Domestic Abuse	Safe Steps Changing Pathways
Child Exploitation	SARC SERICC
Forced Marriage	Support Line Runaway