

Where can I go for support if I need it?

07902 340836 or 07889 725557

The school safeguarding mobiles



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

Free, safe, online wellbeing community

The Go-To
For healthy minds in North Yorkshire

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

Online mental health and wellbeing guidance

**YOUNG
MiNDS**

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

Online mental health support



Talk to any trusted adult or a friend.
You can email your SSO or class teachers using your school email address.

You can also email:
Tellsomeone@harrogatehighschool
if you are worried