



# Where can I get help?

If you feel you have an issue that is worrying you then you should talk to someone about it. At St. Ninian's there are many people who can help you.

There are students who are trained Mentors. (Ask your Head of Year who they are).

You could also speak to your Form Tutor or a Subject Teacher. Your Head of Year is also there to help.

**Always try and share concerns or problems.  
Do not worry about them.**

If you feel you are being bullied then tell someone (see page 12 ).

## Useful Telephone Numbers

Childline.....	08001111
Kidscape.....	020 7730 3300
Bullying Online.....	020 7378 1446
Police Headquarters.....	631212
Police Family Protection Unit.....	631491
Samaritians.....	663399
Social Services.....	686179
Relate Young Person's Counselling Guide.....	623902
Alateen & Alcohol Anonymous.....	663676
Alcohol Advisory Service.....	627656
DASH-Drug Advise Service & Helpline.....	615622, 464352
Drug and Alcohol Team.....	617889
School Nurse (answer phone).....	642603
Careers Service.....	685128
NSC.....	688588
Bus timetable enquiries.....	662525

