

Staying Connected – Keeping Safe (Secondary Pupils)

Whilst on the Summer holidays the school staff will not be available to be contacted unless absolutely necessary. Below are some useful links, numbers and other things to think about.

Staying in Touch with School
<p>If you need to contact the school about anything please send your query to the office email address which is: gw08officewallace@ea.dumgal.sch.uk</p> <p>If it is urgent, your query will then be forwarded to a member of Senior Management who will respond as soon as possible.</p>

If you feel worried or unsafe, here are some people you can speak to
<p>Childline – 0800 1111 online chat to ChildLine options</p>
<p>Cool2Talk website where young people aged 12 years and over can post questions relating to sexual health/sexuality and receive an answer within 24hours. http://www.cool2talk.org/</p>
<p>The Samaritans call 116 123 (this is free – you do not need any credit in your phone. Website: The samaritans)</p>
<p>Police 101 or in an emergency 999</p>
<p>Social Work 030 33 33 3000 9-5pm. Social Work (out of hours) 01387 273660</p> <p>If you have your own social worker, make sure that you know how to contact them. If you don't know, your named person will help you find out.</p>
<p>For support with mental health and having resilience to overcome life's difficulties - https://youngminds.org.uk/</p>
<p>For help coping with times when we are overwhelmed with our thoughts and feelings and when we feel it's becoming difficult to cope with everyday life - https://breathingspace.scot/</p>