

# IF YOU WANT TO KNOW MORE...



If you would like to talk to someone remember you can talk to any member of staff - including any member of the Cranbourne team, like your form tutor, teachers, Head of House, and the safeguarding team.

## childline

ONLINE, ON THE PHONE, ANYTIME  
[childline.org.uk](http://childline.org.uk) | 0800 1111



Childline is here to help anyone under 19 in the UK with any issue they're going through. You can talk about anything. Whether it is something big or small, Childline's trained counsellors are here to help you.



CEOP is a law enforcement agency that helps keep young people safe from sexual abuse & online grooming. You can make a report directly if you are worried about online sexual abuse or something that has happened online which has made you feel unsafe, scared or worried.

## YOUNGmINDS



Young Minds is the UK's leading charity fighting for children and young people's mental health. They want to see a world where no young person feels alone with their mental health and all young people get the mental health support they need, when they need it, no matter what.  
[www.youngminds.org.uk](http://www.youngminds.org.uk)



Nude image of you online?  
We can help take it down.



Report Remove is here to help young people under 18 in the UK to confidentially report sexual images & videos of themselves online & remove them from the internet. It is against the law for anyone to share a sexual image or video of someone who is under 18; Report Remove is safe, easy and free.

## THE MIX



The MIX is a UK based charity that provides free, confidential support for young people under 25 via online, social and mobile. Whatever issue a young person is facing, The Mix is always there for them!  
[www.themix.org.uk](http://www.themix.org.uk)

## shout 85258



Shout is the UK's first and only free, confidential, 24/7 text messaging support service for anyone who is struggling to cope. To start a conversation, text the word 'SHOUT' to 85258. Their trained volunteers are there to listen at any time of day or night, & messages won't appear on the phone bill.