



# AWARE



# CARE



# SHARE

## Mental Health First Aiders at CHA



Mrs Ghioni



Mrs Aetjes



Mrs Fulton Willis



Mrs Davenport



Mrs Salfar



Mrs Mellish



Mrs Smith



Ms Hrabovszki



Mrs Khurshid



Ms McCowan



Mrs Mitchell



Mrs Raja

You can also go to Student Services and any adult you feel comfortable talking to – we are here to help

### Shout

Free, confidential, and anonymous text service available 24/7

Text: 'SHOUT' to 85258

### HOPELINE

Confidential support and advice; open 9am to midnight, 365 days a year

Call: 0800 068 4141  
Text: 07860 039 967

### Samaritans

24/7 helpline, 365 days a year

Call: 116 123



### Kooth

Free, safe and anonymous support

Visit:

[www.kooth.com](http://www.kooth.com)



**Mrs Conway, Mrs Collier-Radford & Mrs Fulton-Willis – Designated Safeguarding Leads**  
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