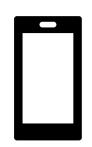
## Where can I go for support if I need it?

07902 340836 or 07889 725557

The school safeguarding mobiles





https://www.kooth.com/

Free, safe, online wellbeing community



Online mental health support



The Go-To
For healthy minds in North Yorkshire

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

Online mental health and wellbeing guidance



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