

**Beckfoot Trust:** Where can I get help and advice when not in school?

enjoy  
learn  
succeed

Our Website: [www.beckfoottrust.org](http://www.beckfoottrust.org)

NHS Direct : **Tel. 111** or online [www.nhs.uk](http://www.nhs.uk)

Mental wellbeing issues: [www.youngminds.org.uk](http://www.youngminds.org.uk)

Child line : **Tel. 0800 1111** or online [www.childline.org.uk](http://www.childline.org.uk)

NSPCC : [www.nspcc.org.uk/keeping-children-safe/](http://www.nspcc.org.uk/keeping-children-safe/)

For help with exam preparation: [www.bbc.co.uk/bitesize](http://www.bbc.co.uk/bitesize)

**In an emergency only**, Police/Ambulance/Fire Service : **Tel. 999**

## 'Stay Safe' -Look After Yourself and Your Family

Eat well - remember your 5 fruit and veg. a day and drink lots of water.

Try to say active - use phone apps, Just Dance etc.

Keep in touch with friends by phone or e-mail .

Remember to keep washing your hands!

### Stay Safe Online

