



# SOUTH CAMBERLEY PRIMARY AND NURSERY SCHOOL

Frimley Road, Camberley, Surrey, GU15 2QB  
t: 01276 63870 e: schooloffice@southcamberley.surrey.sch.uk  
[www.southcamberley.surrey.sch.uk](http://www.southcamberley.surrey.sch.uk)



**Executive Headteacher:** Mrs Nicky Wright

## Where to turn to for help

It's okay to not be okay. We all need someone to talk to sometimes. If you feel overwhelmed, at risk of abuse or experiencing financial need, there are people you can call on for support:

### Mental health

Organisation	Contact information
<b>Mental Health Foundation</b> Provides information and support for anyone with mental health problems or learning disabilities	Website: <a href="http://www.mentalhealth.org.uk">www.mentalhealth.org.uk</a>
<b>Mind</b> A mental health charity	Phone: 0300 123 3393 (Monday to Friday, 9am to 6pm) Website: <a href="http://www.mind.org.uk">www.mind.org.uk</a>
<b>PAPYRUS</b> Youth suicide prevention society	Phone: 0800 068 4141 (Monday to Friday, 9am to 10pm, and 2pm to 10pm on weekends and bank holidays) Website: <a href="http://www.papyrus-uk.org">www.papyrus-uk.org</a>
<b>Samaritans</b> Confidential support for people experiencing feelings of distress or despair	Phone: 116 123 (free 24-hour helpline) Website: <a href="http://www.samaritans.org.uk">www.samaritans.org.uk</a>
<b>SANE</b> Emotional support, information and guidance for people affected by mental illness, their families and carers	Website: <a href="http://www.sane.org.uk/support">www.sane.org.uk/support</a>





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Organisation	Contact information
<b>YoungMinds</b> A charity dedicated to children's mental health	Phone: Parents' helpline 0808 802 5544 (Monday to Friday, 9.30am to 4pm) Website: <a href="http://www.youngminds.org.uk">www.youngminds.org.uk</a>
<b>Cruse Bereavement Care</b> Support for grief and bereavement	Phone: 0808 808 1677 (Monday to Friday, 9.30am to 5pm) Website: <a href="http://www.cruse.org.uk">www.cruse.org.uk</a>

## Domestic violence

Organisation	Contact information
<b>NSPCC</b> Child protection charity	Phone: 0808 800 5000 for adults concerned about a child (24-hour helpline) 0800 1111 for children (ChildLine's 24-hour helpline) Website: <a href="http://www.nspcc.org.uk">www.nspcc.org.uk</a>
<b>Refuge</b> Advice on dealing with domestic violence	Phone: 0808 2000 247 (24-hour helpline) Website: <a href="http://www.refuge.org.uk">www.refuge.org.uk</a>
<b>Your Sanctuary</b>	Phone : 01483 776822 Website: <a href="https://www.yoursanctuary.org.uk/">https://www.yoursanctuary.org.uk/</a>

## School and Community support

Organisation	Contact information
Our Designated Staff Team: Mrs Ayres-Townshend	<a href="mailto:DSL.1@southcamberley.surrey.sch.uk">DSL.1@southcamberley.surrey.sch.uk</a> Please email this address and one of the team will be in touch to support.





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Organisation	Contact information
Mr Franks Mr Buggs Mrs Kurzberg	
Surrey Heath Family Centre – Barnardo's	<a href="https://www.barnardos.org.uk/what-we-do/services/surrey-heath-family-centre">https://www.barnardos.org.uk/what-we-do/services/surrey-heath-family-centre</a> Telephone: 01276 462897
High Cross Church	<a href="https://highcrosscamberley.co.uk">https://highcrosscamberley.co.uk</a> Telephone: 01276 66798
Surrey Heath Prepared	<a href="http://www.surreyheath-prepared.uk/">http://www.surreyheath-prepared.uk/</a> Tel: 01276 66798

