

# HEALTHY LIVING

## SMOKING

### NHS Smoke Free Campaign



[www.nhs.uk/smokefree](http://www.nhs.uk/smokefree)

### British Lung Foundation



[www.blf.org.uk/support-for-you/smoking](http://www.blf.org.uk/support-for-you/smoking)

### Heart UK



[www.heart.org.uk/healthy-living/quit-smoking](http://www.heart.org.uk/healthy-living/quit-smoking)

## DRUGS AND ALCOHOL

### Essex Young People's Drug and Alcohol Service



[www.childrenssociety.org.uk/information/young-people/east/EYPDAS](http://www.childrenssociety.org.uk/information/young-people/east/EYPDAS)

### FRANK



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

### Living Well Essex



[www.livingwellessex.org/health-and-well-being/alcohol-and-substance-misuse](http://www.livingwellessex.org/health-and-well-being/alcohol-and-substance-misuse)

### The National Association for Children of Alcoholics



[www.nacoa.org.uk](http://www.nacoa.org.uk)

## EATING DISORDERS

### Beating Eating Disorders



[www.b-eat.co.uk](http://www.b-eat.co.uk)

# SEXUAL HEALTH

Brook



[www.brook.org.uk/](http://www.brook.org.uk/)

## The eC-Card Scheme



[www.ec-card.org.uk/](http://www.ec-card.org.uk/)

## NHS Contraception Guide



[www.nhs.uk/conditions/contraception](http://www.nhs.uk/conditions/contraception)

# HEALTH SCREENING

## Breasts:

### Coppafeel



[www.coppafeel.org/your-boobs/boob-check-101](http://www.coppafeel.org/your-boobs/boob-check-101)

### NHS



[www.nhs.uk/common-health-questions/womens-health/how-should-i-check-my-breasts/](http://www.nhs.uk/common-health-questions/womens-health/how-should-i-check-my-breasts/)

## Testicles:

### Cancer Research



[www.cancerresearchuk.org/about-cancer/testicular-cancer/getting-diagnosed/finding-early](http://www.cancerresearchuk.org/about-cancer/testicular-cancer/getting-diagnosed/finding-early)

### OddBalls

[www.theoddballsfoundation.com/pages/check-yourself](http://www.theoddballsfoundation.com/pages/check-yourself)



## MISCARRIAGE

### The Miscarriage Association



[www.miscarriageassociation.org.uk](http://www.miscarriageassociation.org.uk)

### Tommy's

**Tommy's**  
Together, for every baby

[www.tommys.org](http://www.tommys.org)

## BEREAVEMENT

### Hope Again



[www.hopeagain.org.uk](http://www.hopeagain.org.uk)

### Winston's Wish

**Winston's Wish**  
the charity for bereaved children

[www.winstonswish.org](http://www.winstonswish.org)

## PREGNANCY

### FPA (Family Planning Association)



the sexual health company

[www.fpa.org.uk](http://www.fpa.org.uk)

### BPAS (British Pregnancy Advisory Services)



British Pregnancy Advisory Service

[www.bpas.org](http://www.bpas.org)

## MENTAL HEALTH

### Papyrus



**PAPYRUS**  
PREVENTION OF YOUNG SUICIDE

[www.papyrus-uk.org](http://www.papyrus-uk.org)

### Mindshift



[www.anxietybc.com/resources/mindshift-app](http://www.anxietybc.com/resources/mindshift-app)

### What's up?



[www.thewhatsupapp.co.uk](http://www.thewhatsupapp.co.uk)

### Open Door Counselling



[www.open-door.info](http://www.open-door.info)

## CYPMH (Children and Young Peoples Mental Health Advocacy)

**NELFT** **NHS** [www.nelft.nhs.uk/cyp-mental-health-early-intervention-services-essex](http://www.nelft.nhs.uk/cyp-mental-health-early-intervention-services-essex)

NHS Foundation Trust

### We also have in school support from:

Beth Robertson (School Counsellor): [brobertson@swchs.net](mailto:brobertson@swchs.net)

Mike Ellen (Cognitive Behaviour Therapy): requests should be made through Beth Robertson

Mrs Moorey and Mrs Doe (School Nurses): [SWCNurse@swchs.net](mailto:SWCNurse@swchs.net)

Mrs Moorhouse (Wellbeing Lead): [amoorhouse@swchs.net](mailto:amoorhouse@swchs.net)

Year Achievement Coordinator

Student Support Officer

Form Tutor

## SPIRITUAL, MORAL, SOCIAL & CULTURAL

### GAMING AND GAMBLING

YGAM (Young Gamers and Gamblers Education Trust)

 **YGAM** [www.ygam.org](http://www.ygam.org)

Big Deal?

**BIG DEAL?** [www.bigdeal.org.uk](http://www.bigdeal.org.uk)

### PORNOGRAPHY

Addiction Helper

Addiction  
Helper

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

Think U Know



[www.thinkuknow.co.uk/14\\_plus/Need-advice/Porn](http://www.thinkuknow.co.uk/14_plus/Need-advice/Porn)

Revenge Porn Helpline



0845 6000 459

### FGM (FEMALE GENITAL MUTILATION)

National FGM Centre



[www.nationalfgmcentre.org.uk](http://www.nationalfgmcentre.org.uk)

Womankind Worldwide

Womankind  
Worldwide [www.womankind.org.uk](http://www.womankind.org.uk)

## ONLINE SAFETY

### Breck Bednar Foundation



### UK Safer Internet Centre



### Net Aware



### Childnet International



### Child Exploitation and Online Protection



## HATE CRIME

### Blueprint For All (Stephen Lawrence Foundation)



### Stop Hate UK



### Victim Support UK



### True Vision



### We also have in school support from:

Hate Incident Student and Staff Ambassadors (Contact through [slock@swchs.net](mailto:slock@swchs.net) or [tbrobbey@swchs.net](mailto:tbrobbey@swchs.net))

Diversity Allies (Staff Leads: [slock@swchs.net](mailto:slock@swchs.net) or [tbrobbey@swchs.net](mailto:tbrobbey@swchs.net))

Year Achievement Coordinator

Student Support Officer

Form Tutor

# RELATIONSHIPS AND SEX EDUCATION

## HEALTHY RELATIONSHIPS (INCLUDING CONSENT)

### Family Lives



[www.familylives.org.uk/search/?searchType=phrase&keywords=consent&siid=19](http://www.familylives.org.uk/search/?searchType=phrase&keywords=consent&siid=19)

### Act On It



[www.actonitnow.co.uk](http://www.actonitnow.co.uk)



### Young and Free



[www.youngandfree.org.uk/relationships](http://www.youngandfree.org.uk/relationships)

## BULLYING

### Bullying UK



[www.bullying.co.uk](http://www.bullying.co.uk)

### Young Minds



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

### Anti-Bullying Alliance



[www.anti-bullyingalliance.org.uk](http://www.anti-bullyingalliance.org.uk)

## DOMESTIC ABUSE AND SEXUAL VIOLENCE

### Disrespect Nobody



[www.disrespectnobody.co.uk](http://www.disrespectnobody.co.uk)

### UK Says No More



[www.uksaysnomore.org](http://www.uksaysnomore.org)

### Refuge



[www.refuge.org.uk](http://www.refuge.org.uk)

### Victim Support



[www.victimsupport.org.uk/crime-info/types-crime/rape-and-sexual-assault](http://www.victimsupport.org.uk/crime-info/types-crime/rape-and-sexual-assault)

## FAMILIES (INCLUDING DIVORCE)

### Relate



[www.relate.org.uk](http://www.relate.org.uk)

### Gingerbread



[www.gingerbread.org.uk](http://www.gingerbread.org.uk)

## Catch 22



[www.catch-22.org.uk](http://www.catch-22.org.uk)

## SEXUALITY AND GENDER

### Stonewall



[www.stonewall.org.uk](http://www.stonewall.org.uk)

### The Kite Trust



[www.thekitetrust.org.uk](http://www.thekitetrust.org.uk)

### Gendered Intelligence



[www.genderedintelligence.co.uk](http://www.genderedintelligence.co.uk)

### We also have in school support from:

Hate Incident Student and Staff Ambassadors (Contact through [slock@swchs.net](mailto:slock@swchs.net) or [tbrobbey@swchs.net](mailto:tbrobbey@swchs.net))  
LGBTQ+ Allies (Staff Leads: [slock@swchs.net](mailto:slock@swchs.net) or [probertson@swchs.net](mailto:probertson@swchs.net))  
Year Achievement Coordinator  
Student Support Officer  
Form Tutor

## MINDFULNESS

### Stop Breathe Think



[www.stopbreathethink.com/kids](http://www.stopbreathethink.com/kids)

### Head Space



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

## GENERAL ADVICE

### ChildLine



[www.childline.org.uk](http://www.childline.org.uk)

### Samaritans



[www.samaritans.org](http://www.samaritans.org)

### Kooth



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

### NSPCC



[www.nspcc.org.uk](http://www.nspcc.org.uk)

### Essex Youth Service



[www.youth.essex.gov.uk](http://www.youth.essex.gov.uk)

## Community 360



[www.community360.org.uk](http://www.community360.org.uk)

## Action For Children



[www.actionforchildren.org.uk](http://www.actionforchildren.org.uk)

## The Mix



[www.themix.org.uk](http://www.themix.org.uk)