Dear Student, Parents and Families

We hope you and your families are well.

A Letter from the Student Advice and Safeguarding Team at Oaklands College.

As you may be aware the college closes for the summer on 26th June 2020 and we want to ensure that you know the range of services that are available to you and your families.
Please find below a list of national services who provide vital support to young people and their families and can really help families at time of need. Also you will find a leaflet attached to this letter with localised and more specific services who provide vital support, advice and guidance.

**Please find a list of National Services:**

* **Samaritans** – provide a free confidential support where you can talk to someone 24/7. Telephone: 116 123 or send an email to: jo@samaritans.org
* **GP** – contact your local GP surgery for any concerns about your physical and mental health.
* **999 or A&E** – call 999 or visit your local A&E if you feel you are unable to keep yourself safe or are in immediate danger.
* **National DV helpline and refuge support** – support anyone experiencing domestic abuse. Telephone: 0808 2000 247 or visit their website on: <https://www.nationaldahelpline.org.uk/>
* **Men’s Advice Line** – a confidential helpline for male victims of domestic abuse. Phone: 0808 801 0327
* **Shelter** – free service with expert housing advisers. You can telephone; 0808 800 4444 or visit their website on: <https://england.shelter.org.uk/> for more info and you can chat to an adviser
* **Victim Support** – provide free and confidential help to victims of crime, witnesses, their family and friends. Phone: 0808 1689 111
* **Talk to Frank** – A free recourse for drug and alcohol information and advice including coronavirus and alcohol/drug use. Visit the website on: <https://www.talktofrank.com/> or Telephone: 0300 1236600
* **LGBT Switchboard** – provides free support, advice and guidance. Visit their website: <https://switchboard.lgbt/> or call the team on: 0300 330 0630

If you have immediate concerns of a safeguarding nature, please contact your local Children and Adults Care Services at the council where you live.

You will also find a leaflet with some more specific services who can help with other queries you may have.

We hope you have a good summer and look forward to seeing our returning students in September.

Oaklands College