



# Beal High School

Beal High School  
Woodford Bridge Road,  
Ilford, Essex, IG4 5LP  
Tel: 020 8551 4954  
Email: [admin@bealhighschool.co.uk](mailto:admin@bealhighschool.co.uk)  
[www.bealhighschool.co.uk](http://www.bealhighschool.co.uk)

## Online and remote wellbeing support services available to Beal High School students/families

Please see the list below for services that you can access while school is closed.

[ChildLine](http://ChildLine.org.uk) 0800 1111

[Samaritans](http://Samaritans.org.uk) 116 123

### General Support:

**The Mix** – The UK’s leading support service for young people up to the age of 25. They can offer advice and support on and challenge that you are facing, from mental health, to money, from homelessness to break ups and helping with drug problems.

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

**TELEPHONE:** 0808 808 4994 (free, confidential helpline.)

### Feeling Anxious:

- **NHS Go App** - Free, confidential health information and advice.
- **Mind Uk** – Provides extensive help and support to anyone with mental health problems.

**WEB:** [www.mind.org.uk](http://www.mind.org.uk)

### Feeling Low:

- **KOOTH** – An online service offering emotional and mental health support to 11-19 (25 with SEND). You can have drop in chats with a counsellor or therapist online, book 1-2-1 sessions or chat anonymously to other young people.

**WEB:** [www.KOOTH.com](http://www.KOOTH.com)



#### **Beacon Academy Trust**

Woodford Bridge Road,  
Ilford, Essex  
IG4 5LP

☎ 020 8551 4954

✉ [admin@beaconacademytrust.co.uk](mailto:admin@beaconacademytrust.co.uk)



#### **The Forest Academy**

Harbour Road, Hainault,  
Ilford, Essex  
IG6 3TN

☎ 020 8500 4266

✉ [admin@theforestacademy.co.uk](mailto:admin@theforestacademy.co.uk)



#### **Beacon Business Innovation Hub**

Woodford Bridge Road,  
Ilford, Essex  
IG4 5LP

☎ 020 8418 4760

✉ [admin@bbih.org](mailto:admin@bbih.org)



#### **North East London Teaching Alliance**

Woodford Bridge Road,  
Ilford, Essex  
IG4 5LP

☎ 020 8551 4954 ext: 429

✉ [admin@nelta.co.uk](mailto:admin@nelta.co.uk)



National Support School  
designated by  
National College for  
Teaching & Leadership

National Teaching School  
designated by  
National College for  
Teaching & Leadership



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and social research  
Institute of Education  
University of London



Leading education  
and social research  
Institute of Education  
University of London



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- **Young Minds** – A national charity committed to improving the mental health of all children and young people. Also provides a parent’s information service for anyone with concerns about the mental health of a young person.

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

**PARENTS HELPLINE:** 0808 802 554

### **Eating disorders:**

- **Beat eating Disorders** – The UK’s leading charity supporting anyone affected by eating disorders, anorexia, bulimia, or any other difficulty with food, weight and shape.

**WEB:** [www.beateatingdisorders.org.uk](http://www.beateatingdisorders.org.uk)

**TELEPHONE:** 0808 801 0677

**STUDENT LINE:** 0808 801 0811

### **Emotional Distress:**

- **Samaritans** – Offer a place for students and parents to talk any time you like, in your own way. You don’t have to be suicidal to call. They will give you an opportunity to talk through your thoughts and feelings, and will listen and comfort you.

**WEB:** [www.samaritans.org.uk](http://www.samaritans.org.uk)

**TELEPHONE:** 116 123

- **Calm Harm** – Self harm App. Download the app from your normal app provider. It will guide you through feelings that you are having, and help you find ways to deal with them, and ride the wave.
- **Drugs:**
- **Frank** – Talk to Frank. A national drug education tool, intended to reduce the use of both legal and illegal drug use. Concerned parents can obtain advice, and students can be educated on the damaging effects of drugs by browsing the information.

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

**Bereavement:**

- **Grief Encounter** – Support bereaved children and their families to help alleviate the pain caused by the death of someone close.

WEB: [www.griefencounter.org.uk](http://www.griefencounter.org.uk)

TELEPHONE: 0808 802 0111

- **Winston's Wish** – Support children and their families after the death of a parent or sibling.

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

TELEPHONE: 0808 8020 021

**Crisis:**

If you or your child gets to a point where mental Health treatment is necessary and urgent, please call the Redbridge Mental Health Direct Crisis Line. They will provide immediate advice/assistance in the case of a real emergency.

TELEPHONE: 0300 555 1000