



Belfast Model  
School for Girls  
ACHIEVEMENT FOR ALL

# Support Services

Summer 2021



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# Help for Students

when not in school...

Lifeline 0808 808 8000

Childline 0800 1111

NSPCC 0808 800 5000

NHS 111

PSNI 101

Samaritans 116 123

Inspire 90 328474

Social Services - Gateway 90 507000

The Migrant Centre NI 07769903471

Family Support NI 0845 600 6483

See school website for wellbeing information: [www.belfastgms.org](http://www.belfastgms.org)







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## Text-A-Nurse to chat about your health concerns



**If you are aged 11-19 and are worried  
or concerned about any aspect of your  
health and wellbeing send a text to**

**07507 328290**

**and chat in confidence with a school nurse.**

**We are here to help and can offer advice  
around many health issues including:**

Emotional Health & Wellbeing

Self-Harm

General Health

Drugs

Stress & Anxiety

Bullying

Body Image

Alcohol

Sex & Sexuality

Contraception

<https://pha.site/textanurse>

 **Belfast Health and  
Social Care Trust**  
caring supporting improving together

 **Public Health  
Agency**

 **ChatHealth**

 **Department of  
Education**  
[www.education-ni.gov.uk](http://www.education-ni.gov.uk)

We do not usually inform your parents, teachers or anyone else if you text the school nurse. We might inform someone else if we are concerned about your safety. Your messages are stored securely and can be seen by other members of the healthcare team who follow the same confidentiality rules. We aim to reply to you within one working day and you should receive an immediate bounce-back to confirm we have received your text. Texts will not be seen outside of normal working hours (9am-5pm, Mon to Fri) if you need help before we get back to you contact a member of the school staff or your doctor. Our text service does not receive voice calls or MMS picture messages. We support messages from UK mobile numbers only. (this does not include messages sent from landlines, international mobile numbers and some number masking mobile apps) Prevent the school nurse from sending you messages by texting STOP to our number. Please respect your school's mobile phone policy. Messages are charged at your usual rate.



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# CAMHS Resources

This site was created for young people, carers and professionals to pool together lots of helpful resources from across the internet that are available to help support your mental health and well-being. I hope that you find it helpful.

## DOWNLOADS



## WEBSITES



## APPS



## BOOKS



## VIDEOS



## CORONAVIRUS



Contact: [resources.CAMHS@gmail.com](mailto:resources.CAMHS@gmail.com)

Website created with [Wix.com](#)

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Be strong enough to  
stand alone, smart  
enough to know  
when you need help  
and brave enough  
to ask for it.

**Belfast Model School for Girls is thinking of our whole school community, 'Our Model Family' over the summer holiday. Keep SAFE and WELL !**