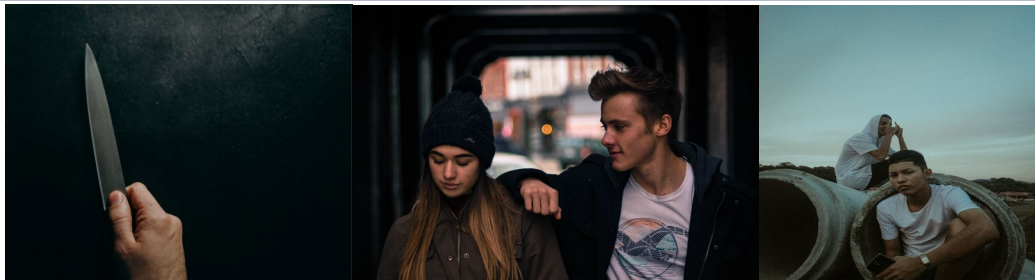


# Did Breaking the Chain get you thinking?

*Safeguarding children and young people*



We are running **Breaking the Chain** in schools in Gloucestershire because we want you to be safe and happy, yet to understand the risks and consequences of youth violence and knife crime on the individual and on their friends, families and on the wider community.

Breaking the Chain, aims to raise awareness, kick-start conversations and build resilience around youth violence - with a focus on knife crime - as part of a public health approach to tackling the issue - an issue that is seeing young people seriously hurt and, all too often, killed on the streets of our towns and cities.

**Have you been affected by the performance?**

**Are you worried about youth violence and knife crime?**

**Do you think that you or someone else might be at risk?**

**If your answer to any of the above questions is Yes, you need to ask for help - turn over for what to do next.**

## **What to do next**

- Speak to someone at school, e.g. teacher, counsellor, link worker, nurse - they will get you the support you need.

## **Other useful numbers**

- Gloucestershire Police: Non emergency 101 Or emergency 999  
[www.gloucestershire.police.uk](http://www.gloucestershire.police.uk)

- Childline: 0800 11 11
- NSPCC: 0808 8005000

## Other places for help if you need to talk about how you feel

<b>TIC+ :</b>	chat: 0300 303 8080 - free, anonymous phone line text : 07520 634063
<b>Samaritans:</b>	ring: 116 123                      email: jo@samaritans.org
<b>Childline:</b>	ring: 0800 1111
<b>Youngminds:</b>	text: YM to 85258
<b>Chathealth:</b>	<a href="https://chathealth.nhs.uk/">https://chathealth.nhs.uk/</a>
<b>Kooth:</b>	<a href="https://www.kooth.com/">https://www.kooth.com/</a>
<b>Mindful:</b>	<a href="https://www.mindful.org/">https://www.mindful.org/</a>
<b>CrimeStoppers:</b>	ring: 0800 555 111 (100% anonymous, Always)
<b>Increase the Peace</b>	<a href="https://increasethepeace.uk">https://increasethepeace.uk</a>
<b>Hollie Gazzard Trust</b>	<a href="https://holliegazzard.org">https://holliegazzard.org</a>
<b>Gloucestershire Self Harm Helpline:</b> (5pm to 10pm daily):	Freephone: 0808 801 0606 <a href="http://www.gloucestershireselfharm.org">www.gloucestershireselfharm.org</a> text :07537 410022
<b>Glos NHS:</b>	<a href="https://www.onyourmindglos.nhs.uk/">https://www.onyourmindglos.nhs.uk/</a>
<b>Hope House—Sexual Assault Referral Centre</b>	<a href="http://www.hopehouse.nhs.uk/">http://www.hopehouse.nhs.uk/</a>
<b>Gloucestershire Rape and Sexual Abuse Support</b>	<a href="http://www.glosrasac.org/">http://www.glosrasac.org/</a>
<b>Safe Teenage Relationship Education &amp; Empowerment Team (STREET)</b>	<a href="http://www.gdass.org.uk/support-for-young-people/">http://www.gdass.org.uk/support-for-young-people/</a>