



WHAT TO DO IF YOU FEEL:

Unhappy or frustrated
Uncomfortable about

Would you feel happier talking to someone outside RCMJD about it?

How about your parents, or a trusted school teacher? If you don't feel able to talk to them either, there are organisations you can contact who specialise in listening to and helping young people, including:

Childline

0800 1111

www.childline.org.uk/get-support/#

Samaritans

116 123

www.samaritans.org/how-we-can-help/contact-samaritan/

Shout (text support)

85258

www.giveusashout.org/get-help/

If you would prefer to explore online for help and support, the website of national charity Mind is a good place to start:

www.mind.org.uk/for-young-people/

On the same website you will also find links to various other organisations that provide help and support, depending on what sort of issue you feel you are facing:

<https://www.mind.org.uk/for-young-people/how-to-get-help-and-support/useful-contacts/>

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Have you tried to speak to somebody but felt that they didn't help you and you are still upset?

You can speak, or write if you prefer, to Miranda Francis, Head of Junior Programmes and Designated Safeguarding Lead, who will then make sure that the matter is dealt with appropriately but will always make sure you are comfortable with proceedings. Miranda Francis's contact details are:

Email: miranda.francis@rcm.ac.uk#

Tel: 020 7591 4334

You can also speak or write to Gill Redfern, JD Operations Manager and Deputy Designated Safeguarding Lead. Gill is also a qualified Youth Mental Health First Aider. Gill's contact details are:

Email: gill.redfern@rcm.ac.uk

Tel: 020 7591 4798

If you feel that the Head of Junior Programmes or JD Operations Manager is involved in what it is you are concerned about then you can speak or write to the RCM Director of Programmes, Diana Salazar:

Email: diana.salazar@rcm.ac.uk

Tel: 020 7591 4312

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