

Resources for Learning and Reading Online

Please also see the Kings Langley School Library social media accounts: **@klslibrary** on Twitter and **@klslibraryuk** on Instagram, for updates and information on new and changing free resources.

All the resources listed here are currently free to access, with the exception of BBC television on iPlayer, which requires you to have a TV license in order to watch.

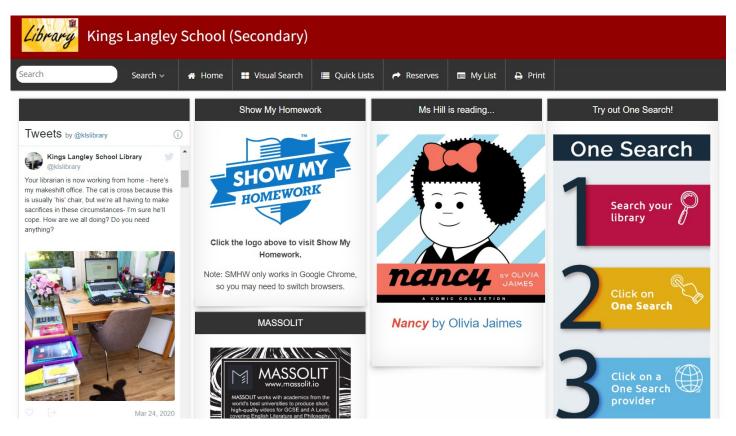
If anyone needs help finding specific resources, information, or just wants some book recommendations, I can be reached by emailing **library@kls.herts.sch.uk**. Staff cannot answer any private messages from students sent via social media, so please do use this email.

Best wishes,

Ms Hill



https://uk.accessit.online/kng16/



AccessIt is the central website for KLS Library, providing access to our books and online resources. It also offers an excellent starting point for research work through the **OneSearch** function:

- 1. Type a keyword (e.g. 'cats') in the search bar at the top of the page, then hit enter.
- 2. The books and other library resources matching this term will now be listed on the initial results page. On the bottom left-hand side of the page, click 'OneSearch'.
- 3. Select one of the external sites, and click on it—this will open a new tab, displaying search results from that site for your keyword, e.g. the Encyclopedia Britannica page on 'Cat—Domesticated mammal'

If you are logged in to AccessIt, you can also write **book reviews**, and use the Visual Search and Quick Lists functions to browse the library catalogue. I am working on building up this area of the site, so please let me know what you would like to see.

If you do not have your login ID for AccessIt and would like to write a book review, drop me an email (library@kls.herts.sch.uk) with your name and form group, and I will send you what you need to log in.



www.vlebooks.com

KLS students can access ebooks online!

A collection of ebooks is now available to all students at www.vlebooks.com

To log in, students should use the organisation ID **KINGSLANG**, their school email address (e.g. 21KhanA@kls.herts.sch.uk), and the password **empathy**.

No special software or equipment is needed — you can read books in any internet browser— but free apps are also available for Android and iPhone. Books can also be downloaded to read later, offline.

Our digital collection of books includes many of the Form Reading titles, set texts for English Literature, textbooks, and a rich selection of fiction and non-fiction to read for pleasure. We always welcome requests and suggestions for new titles, whether in print or online!

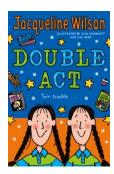


























Hertfordshire Public Libraries

The public library is richly equipped to support students with reading for pleasure and research. People can join Hertfordshire Libraries if they live, work or study in the area, so all KLS staff and students are eligible to join, and the service is free. To join, you will need to register online. Usually this would be followed by collecting your library card in person, but until libraries reopen there is an

alternative procedure.

After registering online, take note of your temporary membership number. To transfer the temporary membership to a full membership you will then need to contact Herts Libraries on 0300 123 4049 or by email at libraries.information@hertfordshire.gov.uk, letting them know your temporary number. They will then give you a new membership number to use with our online resources, and issue you with a PIN. Your new membership card will be sent on to your home library for you to collect when libraries reopen. When you do collect your library card, you will need to take one form of identification with you.

Key Resources and Services

Borrowbox

BorrowBox is a free app which provides
Hertfordshire public library members with
access to a collection of over 11,000
ebooks and audiobooks, including many
set texts and Form Reading books.



<u>Click here</u> for further details and to access BorrowBox

Online resources

Including:

- RBDigital for over 130 magazines
- <u>PressReader</u> for today's newspapers
- Encyclopaedia Britannica Online, including the Student edition (for ages 10 to 15) and Credo Reference fantastic resources for research projects
- Oxford Dictionaries and Oxford Reference Online
- Ask a Librarian submit your question and receive an answer from an experienced professional librarian (for questions about the public library—for questions about KLS library, email library@kls.herts.sch.uk)

<u>Click here</u> to see the full list of resources available, and how to log in to each one with your library card

Resources specific to the Coronavirus Crisis



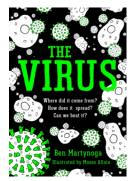
• NHS — clear information and instructions from the health service



• Gov.uk — the official UK government page for information on the crisis



BBC News — breaking news, fact checks, and ongoing reporting



- Mind guidance from the mental health charity on how to take care of your wellbeing during this crisis
- <u>The Virus</u> an illustrated book of information about the pandemic written by Ben Martynoga and Moose Allain. Available on VLEBooks.

Resources for Study Skills and Wellbeing



- <u>CrashCourse</u> entertaining educational videos, including series on Media Literacy, Study Skills, and Navigating Digital Information
- A Soft Murmur background noise to aid concentration
- Rainy Mood, Simply Noise and Coffitivity other options for background noise



- <u>f.lux</u> this computer program aims to reduce eye strain from screen time by dimming and reducing blue light according to the time of day, helping you sleep.
- <u>Trello</u> and <u>Todoist</u> popular websites/apps for to-do lists and time management
- Workflow Timer an iPhone app for structuring your time



- <u>Flora</u> a cute app to help you stay focussed while you work
- Habit trackers <u>Done</u>, <u>Habitica</u>, and <u>Way of Life</u> are just a few of the many options out there for apps that track how you spend your time, and your progress towards personal goals.



- <u>Healthy Young Minds in Herts</u> advice and support for young people and their parents or carers, including local and national resources
- Helplines the last two pages of this document list a range of UK and local helplines, from general crisis services to specific support networks. Several of these also offer text and email services, for anyone unable to call from their home.

Resources for Reading for Pleasure



- <u>VLEBooks</u> ebooks from Kings Langley School Library (see page3 for login details)
- BorrowBox ebooks and audiobooks from Hertfordshire Public Libraries



- <u>Project Gutenberg</u> ebooks of texts out of copyright
- Librivox audiobooks of texts out of copyright, read by volunteers



• PressReader — access to magazines with your library card



<u>RBDigital</u> — access to magazines with your library card



• <u>BookTrust Book Finder</u> — find out about books in a wide variety of genres



- Goodreads students can write their own reviews of books they have read, find book lists, take part in quizzes and discover new books to read
- <u>Poetry Foundation</u> contemporary and classic poetry
- GoComics comics and webcomics



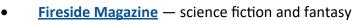
• <u>Comixology</u> — comics



• <u>The Beano</u> — access through PressReader and Herts Public Libraries



• <u>Tor.com</u> — science fiction and fantasy



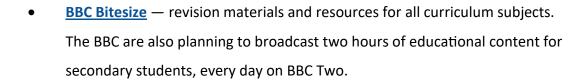


<u>Uncanny Magazine</u> — science fiction and fantasy

- <u>Guardian Long Reads</u> longform articles on a variety of topics
- World Book Day: World of Stories audiobooks
- World Book Day Secondary Resources extracts and activities

Resources for All Subjects — Year 7 to 11







Encyclopaedia Britannica — premium access free with your public library membership



Khan Academy — cross-curricular resources



<u>Seneca</u> — cross-curricular revision materials



<u>Credo Reference</u> — general reference source for quality research/study. Access provided through Herts Public Libraries.



<u>DKfindout!</u> — cross-curricular information, especially suitable for Year 7

- <u>First News</u> a newspaper for younger readers. Access provided through PressReader and Herts Libraries
- **Gojimo** free revision app for GCSE



<u>TedEd</u> — a curated version of TEDTalks for younger learners



<u>Universal Class</u> — online courses from art and photography, home and garden, to writing skills. Access provided via Herts Public Libraries.



- **BBC Sounds: Documentaries** audio documentaries on various topics
- We Can Change the World podcast interviews with inspiring young people
- Wikipedia although it is not reliable enough to use for everything, Wikipedia is still a great place to browse out of curiosity.



If you are struggling to make sense of a topic, Simple Wikipedia can also be a very helpful tool.

Resources for All Subjects — Sixth Form

Muse, and the Directory of Open Access Books.



JSTOR — We subscribe to JSTOR, which offers access to more than 12 million academic journal articles across all curriculum areas, suitable for A Level study. To log in, use the username kingslangley and the password bigreaders.

Open Access Journals. If you come across a paywalled article while

Open Access journal articles — Open Access articles are available to read for free, and can most easily be found through a a search of the Directory for

researching that you would like to read, use the <u>Open Access Button</u> to search for a free and legal copy online, or email the article author directly to request

asked. Other similar resources are Unpaywall, Open Textbooks, Core, Project

a copy — most academics are delighted to freely share their work when



unpaywall







- Google Scholar and Google Books Many academic articles are available to search on Google Scholar, although the full text may not be linked in these cases, try using the Open Access options above, or email Ms Hill at library@kls.herts.sch.uk for help. Similarly, Google Books has a vast index of books, many of which are available to read in full, but some will only be available as samples or for limited access.
- Oxford Reference searchable reference titles on a variety of subjects.
 Includes encyclopaedias, dictionaries and books of quotations. Access provided via Herts Public Libraries.
- OpenLearn courses and materials from the Open University
- TEDTalks cross-curricular video lectures



- FutureLearn academic short course MOOCs from universities
- Seneca and Gojimo free cross-curricular revision materials



- <u>BBC Sounds: Documentaries</u> audio documentaries on various topics
- <u>Theory Test Pro</u> Practise the official UK theory driving test for cars and motorcycles. Access provided by Herts Public Libraries.
- <u>Universal Class</u> online courses from art and photography, home and garden, to writing skills. Access provided via Herts Public Libraries.



Resources for Maths



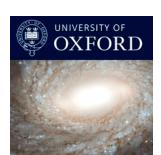
- <u>Parallel</u> weekly maths puzzle challenges set by Dr Simon Singh
- Alex Bellos's Monday puzzles weekly maths and logic puzzles, with an archive going back to 2015

Numberphile

• Numberphile — popular, accessible maths videos



- <u>A Brief History of Mathematics</u> a BBC podcast by Professor Marcus du Sautoy
- <u>Matt Parker</u> youtube videos from the 'stand-up mathematician'
- <u>The Secrets of Mathematics</u> lecture series from Oxford University



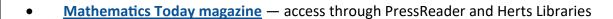
- Marcus du Sautoy's Five Shapes and Simon Singh's Numbers BBC podcasts
- More or Less a BBC podcast about economics and maths
- <u>Dr Frost Maths</u> a maths teacher's free resources and guidance for students
- Casio fx-GTX85 a guide to the Casio calculator that most of you are using



Managing My Money for Young Adults — a free course from the Open
University covering taxes, budgeting, savings, credit, and more you need to know
about money and personal finances



• CrashCourse — entertaining educational videos, including a series on Statistics





- <u>The Maths Show</u> Matt Parker's short videos aimed at helping with GCSE Maths
- <u>Planet Money</u> another podcast about economics
- <u>Succeed With Maths</u> a two-day course from the Open University, designed for people who are looking to improve their confidence with maths
- The Infinite Monkey Cage although primarily a show about science, there
 have been several great episodes of this podcast that focussed on maths:
 Randomness, Infinity, Numbers, Love, Big Data, and the Origin of Numbers





Resources for English



- MASSOLIT curriculum-based short talks by lecturers in English, including Macbeth, A Christmas Carol, Othello, and more. Sign up for an account using your school email address here: https://www.massolit.io/users/sign_up
- <u>VLEBooks</u> ebooks from Kings Langley School Library (see page 3 for login details)



- <u>BorrowBox</u> ebooks and audiobooks from Hertfordshire Public Libraries
- <u>eMagazine</u> articles written by experts on the English A Level curriculum. Log in with the username 'kingslangley' and the password 'bigreaders'
- Oxford Dictionaries Pro the ultimate source on words, phrases and language.
 Access provided by Herts Public Libraries.



- <u>New Oxford Shakespeare</u> Read or cross-search the complete texts in one integrated resource. Access via Herts Public Libraries.
- My Shakespeare full-text, annotated, interactive editions of Shakespeare plays



- <u>Authorfy</u> videos about books, writing and reading from famous and brand new authors, including <u>10 minute challenges</u>.
- Project Gutenberg and Bartleby classic literature available to read online
- Author Masterclasses videos from World Book Day authors



- CrashCourse fun educational videos, including several series on Literature
- <u>Librivox</u> audiobooks of texts out of copyright, read by volunteers
- <u>Poetry Foundation</u> contemporary and classic poetry



- <u>iPlayer: Literature</u> all the BBC TV shows about books, in one place
- <u>The Allusionist</u> a podcast about language and communication
- <u>FreeRice</u> play vocabulary games to earn food charity donations
- British Library lots of activities and information about children's books



- <u>Start Writing Fiction</u> a free course from the Open University, ideal for anyone who wants to become an author

Word of Mouth — BBC podcast about language, hosted by Michael Rosen

• Oxford Reference — including Brewer's Phrase and Fable, multiple dictionaries and thesauri of literature and language. Access provided via Herts Public Libraries.













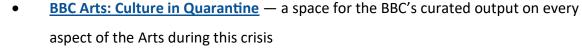


Resources for Science

- Magazines: <u>Science Focus, New Scientist, BBC Wildlife, How It Works, Popular</u>
 <u>Science, Smithsonian, BBC Sky At Night, Wired, All About Space</u> all available to access through RBDigital and Herts Public Libraries
- <u>CrashCourse</u> entertaining educational videos, including series on Anatomy,
 Physics, Astronomy, Biology, Chemistry, and the History of Science
- <u>The Brain Scoop</u> science and natural history videos
- <u>The Infinite Monkey Cage</u> a BBC comedy podcast about science<u>Seterra</u> quiz yourself on your knowledge of human anatomy, cells, the periodic table, and more!
- The Life Scientific a BBC podcast about the work of individual scientists
- <u>The Curious Cases of Rutherford and Fry</u> a BBC podcast answering scientific questions sent in by listeners
- <u>Science Friday</u> and <u>Undiscovered</u> general science podcasts
- Outside a podcast about sport, health, technology and science
- <u>Science Journal for Kids</u> cutting-edge scientific articles, adapted for younger readers
- <u>LabXchange</u> science learning platform created by Harvard University
- The Feynman Lectures on Physics the classic lecture series, transcribed
- <u>In Our Time</u> a selection of episodes from the BBC's long running show about the history of ideas
- iPlayer: Science all the BBC TV shows about science and nature, in one place
- Oxford Reference including the Oxford Dictionaries of Science and Medicine.
 Access provided via Herts Public Libraries.

Resources for Music and Drama







- Radio Garden listen to live radio from all over the world on this amazing website
- <u>Drama Online</u> full access to the National Theatre's online collections for our school. Use the username: **1Tz.7Ji)** and password **5Fb%5Cl'** to log in.



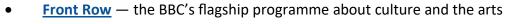
- <u>Song Exploder</u> a podcast about music and songwriting
- <u>Naxos Music Library</u> Streaming music website, focusing on classical music, as well as jazz, world music and classic rock. Access provided by Herts Libraries



- <u>Audacity</u> free software for sound editing
- <u>Stockholm Konserthuset</u> concerts by the Royal Stockholm Philharmonic
 Orchestra, free to watch online



- Chrome Music Lab interactive, music-based visualisations
- <u>iPlayer: Music</u> all the BBC TV shows about music, in one place

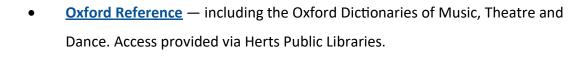


- <u>CrashCourse</u> fun educational videos, including a series on Theatre and Drama

Soul Music — a podcast about pieces of music with a powerful emotional impact











Resources for Art and Photography



BBC Arts: Culture in Quarantine — a space for the BBC's curated output on every aspect of the Arts during this crisis



Google Arts and Culture — explore high quality coverage of the world's best museums and galleries from home



<u>Tate Galleries</u> — browse the collections of these major galleries online



Virtual Tour of the National Gallery — explore the country's flagship gallery



<u>Victoria and Albert Museum</u> — browse the museum's collections online



Draw Every Day with JJK — author and illustrator Jarrett J. Krosoczka is offering regular new drawing tutorials, and you can watch all the previous episodes on his youtube channel at any time.



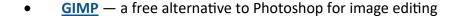
Magazines: Amateur Photography, Vogue, Wallpaper, Digital Photographer, <u>Digital Camera World, Digital SLR magazine</u> — access to all of these titles is provided through RBDigital and Herts Public Libraries



<u>iPlayer: Arts</u> — all the BBC TV shows about art, theatre, dance and more



Oxford Reference — including the Oxford Dictionaries of Art and Artists, Art Terms, and Companion to the Photograph. Access provided via Herts Public Libraries.





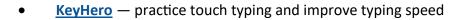
Resources for Technology and Computing



- **BBC Food** recipes and ideas
- **99% Invisible** a podcast about design and society
- **50 Things That Made the Modern Economy** a podcast about design, technology, history, business and politics



- <u>Code Academy</u> 90-day free trial for UK school students to learn to code
- **Typing.com** —learn to touch type





- **Scratch** you can download Scratch to use at home!
- Magazines: BBC Good Food, Delicious, Vogue, Net, T3, How It Works, Wired, <u>Stuff, Healthy Food Guide</u> — access through RBDigital and Herts Public Libraries



<u>iPlayer: Food</u> — all the BBC TV shows about food, in one place



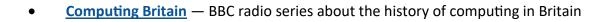
Articles of Interest — a podcast about fashion and textiles



<u>CrashCourse</u> — entertaining educational videos, including series on Engineering, Computer Science, AI, and gaming



- <u>Simple Coding</u> a two hour course from the Open University
- Introduction to Design Engineering a 10 hour course from the Open University
- **Engineering Matters** a podcast about engineering solutions
- Outside a podcast about sport, health, technology and science



- <u>Code.org</u> computer science and coding resources
- **W3schools** HTML tutorials



Resources for **Sport** and **PE**

BBC **SPORT**

- **BBC Sport** news coverage
- **Get Fit for Free** NHS guidance on free ways to exercise, including exercises that can be done at home and/or without equipment



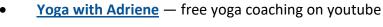
- **Couch to 5k** the popular NHS course for beginner runners
- Active10 an NHS app for tracking your quick walks
- **Replay** a podcast of classic BBC commentaries from major sporting events
- ВВС
- Outside a podcast about sport, health, technology and science
- <u>Seterra</u> quiz yourself on your knowledge of human anatomy

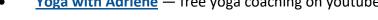


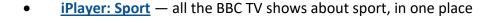
PressReader Magazines: FourFourTwo, Match of the Day, Country Walking, The **Cricket Paper, Boxing News** — access through PressReader and Herts Public Libraries



RBDigital Magazines: Women's Fitness, Men's Fitness, Runner's World, Rugby World, Men's Health, Cycling Plus, Golf Monthly, Cycling Weekly — access through RBDigital and Herts Public Libraries







- A Level PE information and resources for OCR A Level PE, from a PE teacher
- <u>Fit and Fearless</u> podcast about fitness, health and body confidence

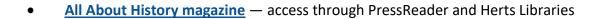


Oxford Reference — including the Oxford Dictionary of Sport Studies and the Berkshire Encyclopedia of World Sport. Access provided via Herts Public Libraries.

Resources for **History**



 <u>KLS History</u> — Information and resources direct from the History department, including wider reading and <u>links to useful websites</u>.





- More magazines: <u>BBC History, Smithsonian, and BBC History Revealed</u> access available through RBDigital and Herts Public Libraries
- <u>50 Things That Made the Modern Economy</u> a podcast about history business, design, technology, and politics



- Google Arts and Culture explore high quality coverage of the historical events
- <u>Dictionary of National Biography</u> biographies of over 55,000 people who shaped Britain, from earliest times to present. Access provided by Herts Libraries.



- <u>CrashCourse</u> entertaining educational videos, including series on World,
 European and United States history
- <u>iPlayer: History</u> all the BBC TV shows about history, in one place



- History Today quality history articles, available to read without subscription
- Stuff You Missed in History Class a podcast about less-discussed history topics
- You're Dead to Me a fun new history podcast from the BBC



- <u>Great Lives</u> a radio series about inspirational people
- In Our Time a selection of episodes from the BBC's long running show about the history of ideas
- <u>Churchill Archive for Schools</u> 20th century history



• Oxford Reference — including the many Oxford Dictionaries of History. Access provided via Herts Public Libraries.

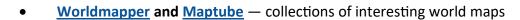
Resources for **Geography**



.



- Magazines: <u>National Geographic, BBC Wildlife, The Economist, Lonely Planet,</u>
 <u>Smithsonian</u> access to these titles is available through RBDigital and Herts
 Public Libraries. Access to <u>Geographical magazine</u> is through PressReader and Herts
 Public Libraries.
- <u>David Attenborough box sets</u> explore the natural world on television
- <u>Simon Reeve</u> a series of excellent travel documentaries from the BBC
- <u>Time for Geography</u> educational videos
- <u>From Our Own Correspondent</u> fascinating, top quality radio reporting from all around the world
- <u>Seterra</u> quiz yourself on your knowledge of various maps!



- <u>The True Size</u> try to get your head around the size of different countries when they are compared to each other
- National Geographic Kids cross-curricular resources for science and geography
- <u>Gapminder</u> a website sharing information and interactive data about the world to increase our understanding of poverty, health, population, and more



- Google Earth Tours virtual tours of the ocean, famous landmarks, and more
- Ask the Geographer a podcast from the Royal Geographical Society



- Follow the Things website about where the products we use come from
- Overheard at National Geographic podcast from the explorers, photographers and scientists who work with National Geographic magazine

Geography At Home — resources and links from the Royal Geographical Society

- <u>BFI RGS Films</u> historical films from international expeditions
- <u>CrashCourse</u> entertaining educational videos, including a series on Ecology
- Oxford Reference including the Oxford Dictionaries of Geography, Human Geography, Countries of the World, Ecology, and more. Access provided via Herts Public Libraries.



Society

Geographical

with IBG

Advancing geography and geographical learning

Smithsonian

Learning Days



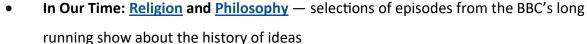
Resources for Religious Studies, Psychology and Sociology



MASSOLIT — curriculum-based short talks by lecturers in Philosophy, including
 Utilitarianism, Virtue Ethics, Plato, and more. To access the Philosophy courses, sign
 up for an account using your school email address here: https://www.massolit.io/users/sign_up.



- <u>CrashCourse</u> entertaining educational videos, including series on Philosophy,
 World Mythology, Psychology and Sociology
- All in the Mind BBC podcast about psychology





 Morality in the 21st Century — BBC radio series by Rabbi Jonathan Sacks, with contributions from sixth form students



- A History of Delusions an experimental psychologist explores cases of delusion
- Thinking Allowed a BBC podcast about new sociological research
- Starting with Psychology a five hour course from the Open University

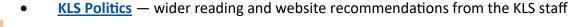


- Introducing Philosophy of Religion a 12 hour course from the Open University
- <u>Introduction to Child Psychology</u> an eight hour course from the Open University
- <u>Introduction to Crime and Criminology</u> a 6 hour course from the Open University



Oxford Reference — including the Oxford Dictionaries of Sociology, Philosophy, The
Bible, Religion, Hinduism, Islam, the Jewish Religion, the Christian Church, World
Religions and the Oxford Companion to Philosophy. Access via Herts Public Libraries.

Resources for **Business** and **Politics**



- Financial Times KLS students and staff can read the FT for free by registering an account via www.ft.com/schoolsarefree where they can search for our school name, then click 'Request your signup link' and enter their school email address.
 This will then sign them up to a weekly digest email of articles, videos, etc.
- <u>50 Things That Made the Modern Economy</u> a podcast about the history of business and economics.
- Magazines: <u>The Economist, Newsweek, The Week, Wired, Fast Company, TIME</u> —
 access to all these titles is available through RBDigital and Herts Public Libraries
- <u>Newsstand</u> access to all major UK and international newspapers, via the public library service.
- <u>CrashCourse</u> entertaining educational videos, including series on Economics, US
 Government and Politics, Intellectual Property, Media Literacy, Business
 Entrepreneurship and Soft Skills
- Managing My Money for Young Adults a free course from the Open University covering taxes, budgeting, savings, credit, and more you need to know about money and personal finances
- <u>From Our Own Correspondent</u> top quality radio reporting from around the world
- <u>50 Things That Made the Modern Economy</u> a podcast about design, technology, history, business and politics
- Page 94: The Private Eye Podcast a news and politics podcast
- Oxford Reference including the Oxford Dictionary of Politics and International Relations, and Business and Management. Access provided via Herts Libraries.
- More or Less and Planet Money podcasts about economics













Resources for Languages



- <u>Duolingo</u> interactive site and app for learning languages
- <u>The Open University</u> free courses in Spanish and French. Courses in Chinese,
 German, Italian, Welsh and classical Latin are also available for free.
- Read short news articles in <u>French</u> or <u>Spanish</u>



- Read longer news articles in <u>French</u> or <u>Spanish</u>
- <u>Hoy Hablamos</u> a podcast in Spanish, aimed at people learning Spanish



- <u>The Allusionist</u> a podcast about language and communication
- Oxford Reference including the Oxford Dictionaries of French, Spanish,
 German, Italian, Irish, Welsh and Latin. Access provided via Herts Public Libraries.

Free Educational/Traditional Games



- <u>FreeRice</u> play vocabulary games to earn food charity donations
- <u>Chess Kid</u> learn to play chess
- SparkChess another option for free chess
- Mancala one of the world's oldest known games
- <u>Jigsaw Planet</u> jigsaws



HELPLINES

Except where otherwise stated, contacting these helplines is free, confidential, and shouldn't show up on your phone bill.

Emotional Support

ChildLine: call **0800 1111** (24/7) or visit **www.childline.org.uk** to chat with a counsellor one-to-one.

The Samaritans: call **116 123** (24/7), email **jo@samaritans.org**, or visit **www.samaritans.org**

The Mix: call **0808 8084994** (11am—11pm) or visit **www.themix.org.uk/get-support/speak-to-our-team** for email, live chat, and counselling options.

CALM, specialist service for young men: call **0800 585858** or visit **www.thecalmzone.net/help** for webchat (5pm—midnight)

Shout: text SHOUT to 85258 in the UK to text with a trained Crisis Volunteer

Physical and Mental Health

NHS 111, for urgent medical worries: call 111. In emergencies, call 999.

Chathealth: a confidential texting service for all young people aged 11-19 in Hertfordshire. Text **07480 635050** to speak to a nurse.

National Sexual Health Helpline: call 0300 1237123 (9am—8pm, Monday to Friday)

HopeLineUK, for young people who may be having thoughts of suicide: call **0800 0684141**, text **07786209697**, or email **pat@papyrus-uk.org** (10am—10pm weekdays, 2pm—10pm weekends)

B-eat, for support with eating disorders: call **0808 8010711** (3pm—10pm), email fyp@beateatingdisorders.org.uk or visit www.beateatingdisorders.org.uk

Anxiety UK: call **0333 2125820**, text **07537 416905** (calls and texts are charged at your standard network rate, and may show up on your bill), email **support@anxietyuk.org.uk** or visit **www.anxietyuk.org.uk/live-chat.**

Self-Injury Support, specialist service for women and girls: call **0808 8008088** or text **07800472908** (Tuesday to Thursday evenings from 7—9.30pm)

Frank, for advice about drugs: call **0300 1236600**, text **82111** (24/7, calls and texts are charged at your standard network rate, and may show up on your bill), email **frank@talktofrank.com** or visit **www.talktofrank.com** for live chat and information.

Hope Again, for anyone dealing with bereavement: **call 0808 8081677** (Monday-Friday, 9:30am—5:00pm), or email **hopeagain@cruse.org.uk**.

Home Life

Runaway Helpline, for anyone considering running away from home: call or text **116000** (24/7) or email **116000@runawayhelpline.org.uk**.

CentrePoint, for homeless young people: call **0808 8000661** (Monday to Friday, 9am—5pm), or visit **www.centrepoint.org.uk** for webchat and information.

Always Heard, for people in care, or who need help from Children's Services: call **0808 8005792**, whatsapp or text **07758 670369**, or visit **www.coramvoice.org.uk/alwaysheard**

Rape, Abuse and Violence

Rape Crisis, for anyone who has experienced sexual abuse or rape: call **0808 8029999** (12 noon—2.30pm and 7—9.30pm) for the national helpline, or **01707 276512** for the Hertfordshire service.

Herts Domestic Abuse Helpline: call **0808 8088088** (9am—9pm), or email support@hertsdomesticabusehelpline.org

Refuge, for victims of domestic violence: call **0808 2000247** (24/7, calls are free from landline phones only, and may show up on a mobile phone bill), or visit **www.refuge.org.uk/get-help-now**

Victim Support, if you have been affected by any kind of crime: call **0808 1689111** (24/7), or visit **www.youandco.org.uk**

LGBTQ+

Switchboard: call **0300 330 0630** (10am—10pm, calls are charged at your standard network rate, and may show up on your bill), or email **chris@switchboard.lgbt**

Mermaids, for transgender young people: call **0344 3340550** (9am—9pm), or email **info@mermaidsuk.org.uk**.

Faith-based

Muslim Youth, for support from a Muslim viewpoint: call **0808 8082008**, or email help@myh.org.uk

Premier Lifeline, for support from a Christian viewpoint: call **0300 1110101** (9am—midnight, calls charged at your standard network rate).

Please know that you can always speak to a member of KLS staff.

We really do care, and will try our very best to help and support you.