



## Are you feeling unhappy or uncomfortable about something? Do you feel you are being treated unfairly or being bullied?

RCM Junior Department is a place and a community of people where we hope you will feel happy and fulfilled, both as a musician and as a person. However, we also realise that studying at a high level can come with challenges that you may not be able to manage alone.

For instance, you might feel unhappy or frustrated, or that you are being treated unfairly or bullied. Maybe someone is behaving to you in a way that makes you uncomfortable, or you are experiencing problems at home or school that are affecting your studies. Whatever you are concerned or unhappy about, please remember that you don't need to cope alone and there is always someone who you can talk to.

Sometimes you may feel as if nobody could help you, or that you yourself are the problem but this is rarely ever true. It is far better that you share your concerns or unhappiness with someone than not telling anyone at all.

### Is there a friend who could help?

A friend could help by listening, and maybe making some suggestions of other people you could talk to. They could help you by coming with you to talk to an adult if you didn't want to talk to an adult on your own.

### Is there a teacher or member of Junior Department staff you feel you could talk to?

If you want to talk to an adult, remember that you don't have to do it alone and that you could bring a trusted friend with you if you want to. If you want to speak to any member of the JD team, you don't have to do it in front of everyone else in the Exchange; you can ask if you can speak to them in private.

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/](http://www.childline.org.uk/get-support/)

#### Samaritans

116 123

[www.samaritans.org/how-we-can-help/contact-samaritan/](http://www.samaritans.org/how-we-can-help/contact-samaritan/)

#### Shout (text support)

85258

[www.giveusashout.org/get-help/](http://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/](http://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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