










Website for young people seeking support

Company	What is it?	Website link
	Kooth. A website which offers free, confidential support and advice.	https://www.kooth.com/
 ONLINE, ON THE PHONE, ANYTIME childline.org.uk 0800 1111	Childline. A website offering free, confidential support and advice to children.	https://www.childline.org.uk/
 fighting for young people's mental health	Young Minds. A website that offers free, confidential support and advice about mental health and wellbeing.	https://youngminds.org.uk/find-help/get-urgent-help/#are-you-a-young-person-in-crisis
	The Mix. This site offers a helpline, email, live chat, telephone counselling service and crisis text line for anyone under 25 years old wanting support.	https://www.themix.org.uk/

Websites for parents and carers seeking support

	BBC SEND Parents' Toolkit. A website with videos and clips to help parents to support children's mental health and wellbeing.	https://www.bbc.co.uk/bitesize/articles/zh9v382
	NSPCC. A website to help keep children safe.	https://www.nspcc.org.uk/keeping-children-safe/our-services/nspcc-helpline/

	<p>Young Minds. A website to support young people's wellbeing and mental health. There is a parent helpline.</p>	<p>https://youngminds.org.uk/contact-us/</p>
	<p>Samaritans. A website, with phone number, for those who need support.</p>	<p>https://www.samaritans.org/</p>
	<p>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.</p>	<p>https://www.camhs-resources.co.uk/</p>