

LIST OF USEFUL WEBSITES – FOR YOUNG PEOPLE

Young Minds

<https://youngminds.org.uk/resources/>

Great resources for young people, parents and staff divided by topic and age group. Lots of video clips on different topics that could be used effectively in presentations.

Anna Freud

<https://www.annafreud.org/on-my-mind/self-care/>

Lots of information for young people about the different emotions they may experience and how to deal with them.

The Mix – Essential support for under 25s

<https://www.themix.org.uk/>

Community and text chat support as well as lots of helpful information for young people.

Childline

<https://www.childline.org.uk/info-advice/>

Range of topics affecting wellbeing covered in a child friendly way. In addition to mental health, includes practical guides like making friends, dealing with embarrassing situations, being assertive and knowing your rights.

Also has a comprehensive Calm Zone with heaps of different breathing, grounding and mindfulness strategies so we can diversify options <https://www.childline.org.uk/toolbox/calm-zone/>

Kooth

www.kooth.com

Online mental health service with text chat facility for children, young people and adults

Listening Ears

www.listeningears.org

Support for young women aged 13-19 years

Kidscape

www.kidscape.org.uk

For help with bullying for both parents and young people.

Headspace Bexley

<https://headscapebexley.co.uk/headscape/>

Questionnaires to help understand emotions and practical tips to help

Charlie Waller Memorial Trust

<https://charliewaller.org/>

Emotional wellbeing resources for Parents/Carers, Children & Young People and Professional