

## Other useful resources/links for support:

National Careers Service [www.nationalcareersservice.org.uk](http://www.nationalcareersservice.org.uk)

- Support with education, training, and employment, job profiles and labour market information (on-line and telephone based)

iCould.com

- watch 'real' people talking about their careers and how they began, complete the buzz test, and find out what kind of animal you are!

CXK Ltd – [cxk.org](http://cxk.org)

- Charity delivering youth training programmes, LMI and support.

## Wellbeing:

Children and Young People's Counselling Services – [www.kent.scht.nhs.uk/school-health](http://www.kent.scht.nhs.uk/school-health)

- For children up to the age of 19 struggling with emotional health.

Togetherall – [www.togetherall.com](http://www.togetherall.com)

- For young people aged 16 – 18 in need of mental health support. On-line community.

Better Health – Every Mind Matters [www.nhs.uk/oneyou/every-mind-matters](http://www.nhs.uk/oneyou/every-mind-matters)

- Dedicated support and resources for parents to look after the mental wellbeing of their children and young people.

MoodSpark – [www.moodspark.org.uk](http://www.moodspark.org.uk)

- Support for young people to better understand and support their own wellbeing and resilience.