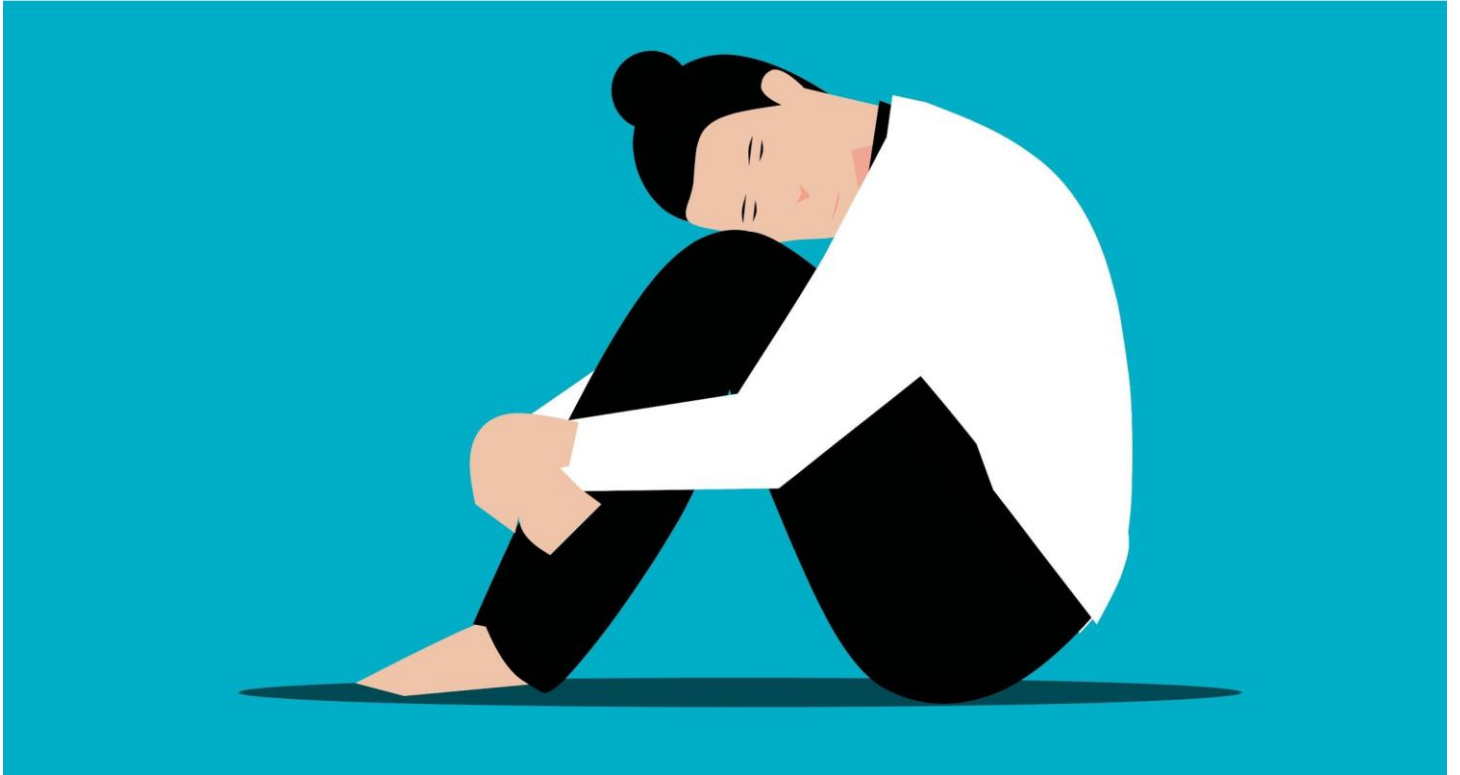


Wellbeing

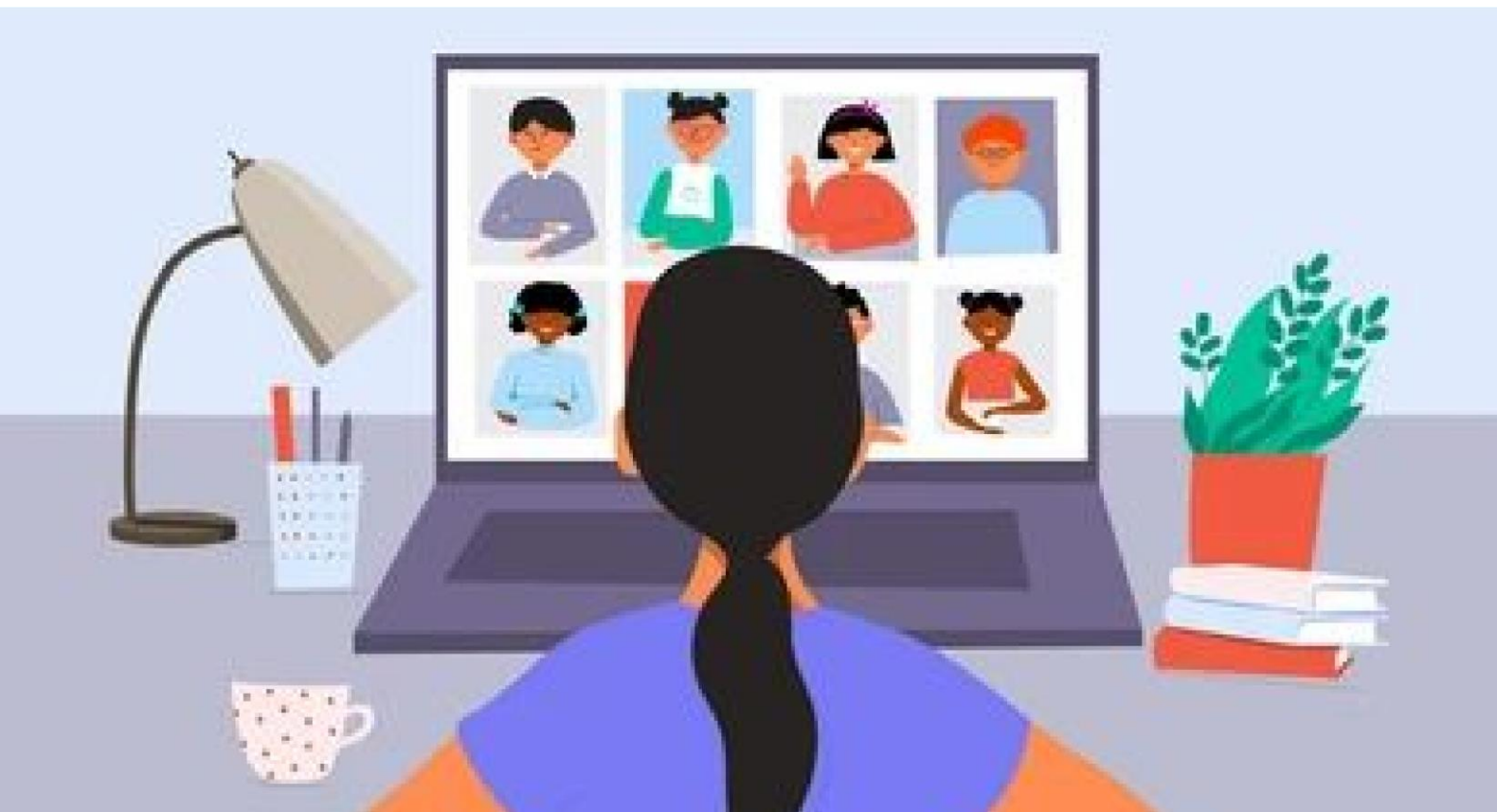


An essential guide to supporting the good health and wellbeing of students Teenage Mental Health

SANE is a leading UK mental health charity working to improve the quality of life for anyone affected by mental illness: www.sane.org.uk

YOUNG MINDS a support charity building a movement where all young people get the mental health support they need: www.youngminds.org.uk

NHS - Find support about mental health for children, teenagers, students



and parents: www.nhs.uk/mental-health/children-and-young-adults/

MIND a UK charity offering advice and support to empower those experiencing a mental health problem: www.mind.org.uk

STEM4 a charity that promotes positive mental health in teenagers. Offering a range of free apps to support young people: www.stem4.or.uk

CALM APP - the number one app for sleep and meditation. For those wanting to experience better sleep, less anxiety and lower stress: www.calm.com

Online Safety

NSPCC a charity which offers a range of online advice on keeping children safe online: <https://www.nspcc.org.uk/keeping-children-safe/online-safety/>

INTERNET MATTERS founded by BY, Sky, TalkTalk, and Virgin Media, supports parents and carers to navigate the ever changing digital landscape: <https://www.internetmatters.org/>

SAFER INTERNET CENTRE a partnership of three leading UK organisations with a goal to make the internet a safe place for children and young adults: <https://saferinternet.org.uk/>

CEOP Child Exploitation and Online Protection command. A website where people can report online abuse or targeting: <https://www.ceop.police.uk/Safety-Centre/>

THINKUKNOW an online education programme helping young people stay safe on a phone, tablet or computer: <https://www.thinkuknow.co.uk/>



Healthy Attitudes to Eating

BEAT a charity which also offers a helpline service for people experiencing disordered eating:

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

NHS advice on how to seek medical help for anyone experiencing an eating disorder

<https://www.nhs.uk/mental-health/feelings-symptoms-behaviours/behaviours/eating-disorders/>

ANOREXIA & BULIMIA CARE a uk charity supporting anyone affected by anorexia, bulimia, binge eating or eating distress

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

KENT AND MEDWAY EATING DISORDER SERVICE local support for those experiencing disordered eating: <https://www.nhs.uk/services/service-directory/kent-and-medway-eatingdisorder-service/N10875341>

Identity & Self Image



NHS: objective mental health advice about raising self esteem: <https://www.nhs.uk/mental-health/self-help/tips-and-support/raise-low-self-esteem/>

MERMAIDS a charity helping gender diverse children and young people and their families: <https://mermaidsuk.org.uk/>

TRANS UNITE a comprehensive resource for people in the UK searching for support in the transgender community <https://www.transunite.co.uk/>

BUILD CONFIDENCE WITH AJ APP (£2.49) uses meditation, guided relaxation and self care exercises to improve confidence and self esteem.



THINKUP APP (Free with In App Purchases) an app that provides daily affirmations to improve the way someone sees themselves.

Anxiety

YOUNG MINDS a support charity building a movement where all young people get the mental health support they need:

<https://www.youngminds.org.uk/young-person/mental-health-conditions/anxiety/>

NHS Find support about generalised anxiety disorders:

<https://www.nhs.uk/mental-health/conditions/generalised-anxiety-disorder/overview/>

ANXIETY UK a UK charity offering real time support services for people with anxiety: <https://www.anxietyuk.org.uk/>

MIND a UK mental health charity offering advice and support:

<https://www.mind.org.uk/information-support/types-of-mental-health-pr>



[blems/anxiety-and-panic-attacks/about-anxiety/](https://www.mind.org.uk/information-support/types-of-mental-health-pr)

CLEAR FEAR - an app providing strategies for young people on how to manage anxiety: <https://www.clearfear.co.uk/>

Coping with Emotions

KOOTH an online counselling service for young people:

<https://www.kooth.com/>

ACTION FOR CHILDREN support and advice about emotional wellbeing, behaviours and learning: www.actionforchildren.org.uk

NHS CHAT HEALTH FROM KENT COMMUNITY HEALTH a text service for young people aged 11-19 where they can raise any health concerns, including coping with stress, anxiety, depression and anger: 07520 618850

SHOUT trained volunteers are available to help anyone struggling with emotions, panic attacks or suicidal thoughts. A 24hr text service - text



SHOUT to 85258: <https://giveusashout.org/>

SAMARITANS if you need someone to talk to. Call 116 123:
<https://www.samaritans.org/>

HEADSPACE APP for assisting with meditation practice:
<https://www.headspace.com/>

Grief

HOPE AGAIN the youth website of Cruise Bereavement Support:
<https://www.hopeagain.org.uk/>

THE GOOD GRIEF TRUST support for anyone dealing with bereavement:
<https://www.thegoodgrieftrust.org/>

HELP IS AT HAND support after someone may have died from suicide. A dedicated guide to those grieving: <https://supportaftersuicide.org.uk/>

CHILD BEREAVEMENT UK offering a dedicated zone on how to talk to and help children who are grieving:



<https://www.childbereavementuk.org/supporting-bereaved-children-and-young-people>

GRIEF ENCOUNTER free, professional and specialist bereavement support services for children and young people:

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

Healthy Relationships

THE MIX essential support for the under 25s on a range of issues including sex and relationships: <https://www.themix.org.uk/>

LET'S TALK ABOUT IT a young person's advice service for people with questions about sex and sexual health. Delivered by the NHS:

<https://www.letstalkaboutit.nhs.uk/other-services/support-for-young-people/new-young-persons-advice-guide/>

NATIONAL STALKING HELPLINE: a phone service to support victims of stalking set up by the Suzy Lamplugh trust:



<https://www.suzylamplugh.org/pages/category/national-stalking-helpline>

PACE: a specialised charity tackling child exploitation and grooming:

<https://paceuk.info/>

BBC BITESIZE: Healthy Relationships articles and videos aimed at 11-15 year olds:

<https://www.bbc.co.uk/bitesize/topics/zhvbt39/articles/zfn7vk7>

Home Life

REFUGE support for young people experiencing domestic violence:

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

NSPCC a UK charity protecting children from harm:

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

CHILDLINE help and support on a wide range of issues. Calls to childline will not show up on a mobile phone bill (0800 1111):



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

FREEDOM PROGRAMME online and face to face programmes to support people at risk of domestic abuse:

<https://www.freedomprogramme.co.uk/>

NACOA supporting people who are affected by a parents' drinking or alcoholism: <https://nacoa.org.uk/>

CENTREPOINT support for anyone at risk of sofa surfing or homelessness:

<https://centrepont.org.uk/>

Crime Prevention

VICTIM SUPPORT trained supporters providing help for anyone who has witnessed a crime or is a victim of crime:

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

CORAM CHILDREN'S LEGAL CENTRE promotes and protects the rights of children in the UK. Can provide legal advice in some circumstances:



<https://www.childrenslegalcentre.com/>

LAW STUFF: free legal information for children and young people. Set up to ensure young people have access to find out about their legal rights:

<https://lawstuff.org.uk/>

CEOP Child Exploitation and Online Protection command. A website where people can report online abuse or targeting:

<https://www.ceop.police.uk/Safety-Centre/>

KARMA NIRVANA providing services support and guidance connected to honour based violence and forced marriage: <https://karmanirvana.org.uk/>

Harmful Behaviours

OCD YOUTH support for young people with OCD symptoms:

<https://ocdyouth.org/>

OCD UK a UK charity able to educate and support people affected by OCD: <https://www.ocduk.org/>

SELF INJURY SUPPORT a web based charity offering a huge range of resources to support women and girls living with self harming behaviours: <https://www.selfinjurysupport.org.uk/>

HARMLESS an organisation working to address and overcome issues related to self harm and suicide: <https://harmless.org.uk/>

CAMPAIGN AGAINST LIVING IN MISERY support for men at risk of suicide including a helpline number: <https://www.thecalmzone.net/>

I AM SOBER an app designed to track milestones when working on developing new daily habits, including abstaining from self harm: <https://iamsobers.com/>

Speak to your SSM,
Learning Leader or Senior
Leader if you need
support in school

