

Web links for Student Wellbeing

<p>Childline https://www.childline.org.uk/</p> <p>Support for young people for any issues you may have</p>	<p>Young Minds https://youngminds.org.uk/</p> <p>Tips, advice and guidance on where you can get support for your mental health during the coronavirus</p>
<p>CAMHS https://www.camhs-resources.co.uk/</p> <p>Resources for young people to help support your mental health and well-being.</p>	<p>Mind https://www.mind.org.uk/information-support/coronavirus/coronavirus-and-your-wellbeing/</p> <p>How to take care of your wellbeing during COVID-19</p>
<p>Kooth https://www.kooth.com/</p> <p>Free, safe and anonymous support for young people about mental health</p>	<p>Reach Out Youth https://www.mentalhealthresource.org.uk/</p> <p>Safe spaces and person-centred mental health support to help people improve their wellbeing.</p>
<p>World Health Organisation https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/myth-busters</p> <p>Mythbusters – helps you find out more about what is true, and what is not true, about coronavirus</p>	<p>Information is Beautiful https://informationisbeautiful.net/visualizations/covid-19-coronavirus-infographic-datapack/</p> <p>Data Visualisation Pack – helps you find out more about what is true, and what is not true, about coronavirus</p>
<p>Jigsaw South East https://www.jigsawsoutheast.org.uk/</p> <p>Supporting children through the loss of a loved one</p>	<p>BBC https://www.bbc.co.uk/newsround#more-stories-2</p> <p>BBC Newsround with links to various info and resources</p>
<p>BBC Bitesize https://www.bbc.co.uk/bitesize/tags/z7qg6v4/mental-health/1</p> <p>Support for mental health and wellbeing.</p>	<p>London Borough of Enfield https://new.enfield.gov.uk/services/children-and-education/local-offer/social-emotional-and-mental-health/</p> <p>A hub for support for social, emotional and mental health.</p>
<p>Further Organisations</p> <p>Dad info for fathers gives free expert advice and support from legal issues, child development to financial advice and everything in between</p> <p>Family Lives offers parenting and family support, online chats, a helpline and parenting classes</p> <p>Gingerbread supports one parent families. They provide free membership and run local friendship groups. There is also an online forum, or you can read stories and advice from other single parents.</p> <p>MeeTwo App provides peer support through social media, promoting mental well-being of young people. MeeTwo works in partnership with Young Minds and the NSPCC.</p> <p>MindEd is a free educational resource for adults on children and young people's mental health</p> <p>NSPCC is a charity campaigning and working in child protection</p> <p>Samaritans 24-hour telephone helpline offering emotional support to people in distress or despair</p> <p>The Mix offers free information and support for young people aged 13 to 25 about sex, relationships, drugs, mental health, money and jobs</p> <p>Think U Know is a guide to Internet safety and safe surfing for young people (5 to 14+)</p> <p>Young Minds for Parents gives advice and support for parents worried about their child's behaviour, emotional problems and mental health</p> <p>Youth Access provides details of local youth counselling services for young people aged 12 to 25. Their online search will help you find your nearest service.</p>	
<p>DFE: COVID-19: guidance on supporting children and young people's mental health and wellbeing - GOV.UK (www.gov.uk)</p>	