
















Online Resource	Website	Brief description
Childline	https://www.childline.org.uk 	Childline is there to help anyone under the age of 19 with any issues they may have, no matter how big or small. They also provide information on bullying, abuse, safety and the law, you and your body, your feelings, home and families and friends and relationships.
NSPCC	https://www.nspcc.org.uk 	NSPCC aims to protect children and prevent abuse. They provide lots of accurate and up-to-date information and resources to help support children.
Samaritans	https://www.samaritans.org 	Samaritans are there, day or night, for anyone who's struggling to cope, who needs someone to listen without judgement or pressure. They offer a listening and support service to anyone who needs it.
Young Minds	https://youngminds.org.uk 	Young minds aim to help young people feel supported and empowered, whatever the challenges. They are there to make sure they get the best possible mental health support and have the resilience to overcome life's difficulties.
NHS Mental Health and Well being	https://www.nhs.uk/conditions/stress-anxiety-depression/ 	Provide accurate and up-to-date information and support with mental health conditions such as stress, anxiety and depression.
Anna Freud	https://www.annafreud.org/ 	The Anna Freud National Centre for Children and Families is a children's mental health charity with over 60 years' experience of caring for young people and their families.

italk	www.italk.org.uk  Phone: 02380 383920 Email: info@italk.org.uk	A local talking therapy service. Wellbeing workshops aim to teach healthy coping skills for day to day life. If you're feeling low or overwhelmed, our guided self help options empower you to get back on track. Refer yourself on the website or by phone.
Papyrus	 HopelineUK - 9am - midnight (Everyday) Call : 0800 068 4141 Text: 07860039967	Change is something that happens throughout our lives, whether we like it or not. Sometimes a change comes that is difficult and can become overwhelming and lead to thoughts of suicide, or you may be supporting someone with these thoughts. HopelineUK -support for the under 35's
Online Safety		
CEOP Think You Know	https://www.thinkuknow.co.uk 	Great advice for young people with regards to staying safe (and well) on-line and reporting any problems/issues.
Childnet	https://www.childnet.com/ 	Great advice for young people with regards to staying safe on-line and reporting any problems/issues.
Internet matters	https://www.internetmatters.org/ 	A website that provides information and support to parents and carers to help keep children safe in the digital world.

Parent info	https://parentinfo.org/ 	Parent Info is a collaboration between Parent Zone and NCA-CEOP, providing support and guidance for parents and carers from leading experts and organisations.
Substance & Alcohol Info		
Frank	https://www.talktofrank.com 	The Frank website provides the most accurate and up-to-date information about drugs, the laws and the dangers.
Drinkaware	https://www.drinkaware.co.uk/ 	Drinkaware provides independent alcohol advice, information and tools to help people make better choices about their drinking. It also explains the dangers and effects of drinking alcohol.
ASH	https://ash.org.uk/home/ 	ASH works to eliminate the harm caused by tobacco. Their website provides accurate and up-to-date information on smoking.
NHS Smokefree	https://www.nhs.uk/smokefree/why-quit/smoking-health-problems 	A website which offers help and support to help people to quit smoking and why it is important to quit smoking.
Sexual Health		
Let's Talk About It	https://www.letstalkaboutit.nhs.uk 	A great website for advice and information on contraception, STI's and general sexual health. Provides information on local services offering free contraception, emergency contraception, STI testing, etc.
Brook	https://www.brook.org.uk 	Brook provides free and confidential sexual health advice. They provide advice and information on STI's, contraception, pregnancy, sex, gender,

		sexuality, abuse, relationships, well-being, etc.
Disrespect Nobody	https://www.disrespectnobody.co.uk 	A website which provides information on healthy relationships and support to help recognise when relationships are unhealthy.
Always Period advice and conditions.	https://www.always.co.uk/en-gb 	An excellent website that gives girls information and advice on changes they may experience during puberty and advice and support for periods.
Healthy Eating/ Living		
Change for Life	https://www.nhs.uk/change4life/food-facts 	Change for Life is a useful and informative website for children and their families which looks at the importance of healthy eating. They provide food facts, recipe ideas and fun activities for keeping active.
Eat Well NHS	https://www.nhs.uk/live-well/eat-well/ 	This website provides accurate information on the different types of food that are required to maintain a healthy diet. It also gives some recipes tips and advice.