

**'There's a very close tie between good health and a good education' Laura Bush**

Mental Health	<a href="https://youngminds.org.uk">https://youngminds.org.uk</a>	<b>A hub for all things mental health, children and young people</b>
	<a href="https://www.camhs-resources.co.uk/">https://www.camhs-resources.co.uk/</a>	<b>CAMHs guide to useful websites and resources</b>
	<a href="https://www.place2be.org.uk/our-services/parents-and-carers/">https://www.place2be.org.uk/our-services/parents-and-carers/</a>	<b>How to support your child or young person</b>
<b>Bullying</b>	<a href="https://www.kidscape.org.uk/advice-for-young-people">Advice for young people (kidscape.org.uk)</a>	<b>Advice and guidance for children who are victims of bullying. Parent advice phone line</b>
	<a href="https://www.bullying.co.uk/">https://www.bullying.co.uk/</a>	<b>Building better family lives together – confidential helpline</b>

<https://www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/bullying-and-cyberbullying/>

**Advice and support for children on bullying and cyber bullying**

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

**Resources and support for anxiety, OCD, panic attacks, phobias**

**Self-Harm**

[Straight-Up Advice – Heads Above The Waves \(hatw.co.uk\)](http://www.hatw.co.uk/)

**Raising awareness on self-harm and depression within young people**

**Eating Disorders**

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

**Advice, support and resources on eating disorders**

<https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-to-support-eating-problems/>

**Parents guide to supporting children and young people who may have an eating disorder**

**FGM**

<https://www.nhs.uk/conditions/female-genital-mutilation-fgm/national-fgm-support-clinics>

**FGM support clinics**

<https://www.forwarduk.org.uk/how-we-work-for-women-and-girls/support-services/>

**Support for women and girls.**

<https://www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/female-genital-mutilation-fgm/>

**What is FGM?**

**Keeping children and young people safe.**

**County Lines**

<https://www.nationalcrimeagency.gov.uk/what-we-do/crime-threats/drug-trafficking/county-lines>

**What are county lines?  
Criminal activity and the law.**

<https://learning.nspcc.org.uk/child-abuse-and-neglect/county-lines>

**What are county lines?  
How to keep children and young people safe.**

**Gender  
Identity and  
Sexuality**

1. <https://www.nspcc.org.uk/keeping-children-safe/sex-relationships/gender-identity/>
2. <https://gids.nhs.uk/parents-and-carers>
3. <https://www.nspcc.org.uk/keeping-children-safe/sex-relationships/gender-identity/>
4. <https://www.nspcc.org.uk/keeping-children-safe/sex-relationships/sexuality-sexual-orientation/>

**Gender identity amongst  
children and young  
people**

**Gender identity service  
parental  
support/guidance**

**Sexuality and sexual  
orientation**

**Bereavement**

<https://www.winstonswish.org/>

**Giving hope to grieving  
children**

<https://www.childbereavementuk.org/>

**Support for children who  
are bereaved and families  
who have lost children**

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

**Supporting bereaved children and young people. Free helpline**

**Online Safety**

<https://www.kidsonlineworld.com/apps.html>

**Information on popular apps which teenagers are using.**

<https://www.kidsonlineworld.com/games.html>

**Information on popular games which teenagers are using.**

<https://parents.actionforchildren.org.uk/mental-health-wellbeing/online-safety-wellbeing/child-exploitation/>

**Child exploitation online**

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/>

**Keeping children safe online guide**

<https://www.saferinternet.org.uk/advice-centre/parents-and-carers>

**Tips, guides, advice and resources to keep your child safe online**

<https://youngminds.org.uk/media/2451/social-media-a-guide-for-parents.pdf>

**PDF guide for talking to your children about gaming and social media**

**Childhood and Adolescence**

<https://kidshealth.org/en/parents/adolescence.html>

**Parent's guide to surviving the teenage years**

<https://www.skillsyouneed.com/parent/understanding-adolescence.html>

**Parent's guide to understanding adolescence**

**Building Resilience**

[https://www.annafreud.org/media/3194/year7\\_help4pupils.pdf](https://www.annafreud.org/media/3194/year7_help4pupils.pdf)

**Top tips for feeling good – guide for children and young people**

**Generic  
Student  
Support**

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

**24 hours a week.  
Helpline for children – no  
problem to big or too  
small**

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

**An online mental  
wellbeing community for  
children and young  
people**