
























General

<u>Theme</u>	<u>Website</u>	<u>Logo</u>	<u>Summary</u>	<u>Link</u>	<u>Other info</u>
General	Childline		Childline is there for you, whatever's on your mind. Childline will support you. Guide you. Help you make decisions that are right for you. Their tips and techniques, ideas and inspiration can help you feel more in control. And you can access them in your own time, at your own pace!	https://www.childline.org.uk/	<p>Toolbox:</p> <p>A wide range of resources to support you can be found at: https://www.childline.org.uk/toolbox/ These include 'Get creative!', 'Your locker, your space', and a collection of insightful videos.</p> <p>Play a game to take your mind off difficult things and have some fun. Browse the games on the link below or select a type of game you'd like to play, e.g. Arcade, Puzzles, and Quizzes: https://www.childline.org.uk/toolbox/games/</p>
	Kooth		Kooth, from XenZone, is an online counselling and emotional well-being platform for children and young people, accessible through mobile, tablet and desktop and free at the point of use.	https://www.kooth.com/	
	Young Minds		<p>We're the UK's leading charity fighting for children and young people's mental health. Find out more about us, our mission and how we work.</p> <p>Your guide to CAMHS, who's who in mental health services and who you can all if you need to talk to someone.</p>	<p>https://youngminds.org.uk/</p> <p>https://youngminds.org.uk/finding-help/your-guide-to-support/</p>	

	Samaritans		Whatever you're going through, a Samaritan will face it with you. Samaritans are there 24 hours a day, 365 days a year.	https://www.samaritans.org/	
	NSPCC		Provides advice and support for children's mental health.	https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/	
	Heads Together		Too often, people feel afraid to admit that they are struggling with their mental health. This fear of prejudice and judgement stops people from getting help and can destroy families and end lives. Heads Together wants to help people feel much more comfortable with their everyday mental wellbeing and have the practical tools to support their friends and family.	https://www.headstogether.org.uk/about/	https://www.headstogether.org.uk/programmes/mentally-healthy-schools/ - Programme for schools
	Tameside		Details mental health support that is available locally. Mental health guidelines for people coping with coronavirus.	https://www.tameside.gov.uk/mentalhealth/gettinghelp https://www.tameside.gov.uk/MentalHealth/Local-Support-Services-For-Mental-Health-and-Wellb	
Bullying	Anti-bullying Alliance		The Anti-Bullying Alliance is a coalition of organisations and individuals that are united against bullying.	http://www.anti-bullyingalliance.org/	
	Bullies Out		To empower and inspire children, young people and adults to overcome bullying and achieve their full potential.	https://bulliesout.com/	

	WISE KIDS		WISE KIDS promotes innovative, positive and safe internet use through the provision of innovative training programmes, research, consultancy and resource development in the areas of Digital Literacy, Digital Citizenship, Digital Participation and Online Safety.	https://wisekids.org.uk/wk/	
Mental Health	MindEd		MindEd is a free educational resource on children and young people's mental health for all adults.	https://www.minded.org.uk/	E-learning for adults https://www.minded.org.uk/Component/Details/660879
	Rethink Mental Illness		Help & support for people affected by mental illness.	https://www.rethink.org/	Browse A-Z Advice Topic List https://www.rethink.org/advice-and-information/browse-all-topics/
	Time To Change		A mental health campaign with the objective of reducing mental health-related stigma and discrimination.	https://www.time-to-change.org.uk/	List of Mental Health help and support services: https://www.time-to-change.org.uk/mental-health-and-stigma/help-and-support
Eating Disorders	Beat		Beat is a website dedicated to beating eating disorders	https://www.beateatingdisorders.org.uk/	Tips 2019 poster - https://www.beateatingdisorders.org.uk/uploads/documents/2019/4/tips-2019.pdf Guide for parents/carers https://www.beateatingdisorders.org.uk/uploads/documents/2020/2/beat-young-carers.pdf GP Leaflet - https://www.beateatingdisorders.org.uk/uploads/documents/2017/10/gp-leaflet-website.pdf

					<p>Guide for friends and family - https://www.beateatingdisorders.org.uk/uploads/documents/2020/2/beat-carers-booklet-1.pdf</p> <p>Binge eating disorder leaflet - https://www.beateatingdisorders.org.uk/uploads/documents/2020/8/x1219-beat-bed-a5-8pp-v4.pdf</p>
	Anorexia & Bulimia Care		<p>“ABC is a national UK eating disorders organisation with over 30 years of experience. We are passionate about people and recovery.</p> <p>We provide on-going care, emotional support and practical guidance for anyone affected by eating disorders and eating distress.”</p>	https://www.anorexiabulimiare.org.uk/	
	S.E.E.D.		<p>S.E.E.D. is a Lancashire charity that provides support, education, and resources for the eating disorder community. Services include counselling, awareness trainings, and support groups for loved ones.</p>	https://www.seedlancashire.co.uk/	Contact: hello@seedlancashire.co.uk
LGBT Support	LGBT Youth Scotland		<p>Advice and support for the LGBT community.</p>	https://www.lgbtyouth.org.uk/	
	Stonewall		<p>“We're here to let all lesbian, gay, bi and trans people, here and abroad, know they're not alone. We believe we're stronger united, so we partner with organisations</p>	https://www.stonewall.org.uk/	<p>Want to hear more from Stonewall? You can sign up to their newsletter here: https://www.stonewall.org.uk/want-hear-more-stonewall</p>

			that help us create real change for the better. We have laid deep foundations across Britain - in some of our greatest institutions - so our communities can continue to find ways to flourish, and individuals can reach their full potential. We're here to support those who can't yet be themselves."		
	MindOut		MindOut is a mental health service run by and for lesbians, gay, bisexual, trans, and queer people. We work to improve the mental health and wellbeing of LGBTQ communities and to make mental health a community concern.	https://mindout.org.uk/	
Self-Harm	National Self-Harm Network		Offers support forums, in a safe environment, that can help people understand and manage self-harm.	http://www.nshn.co.uk/	
	Heads Above The Waves		A not for profit charity that supports young people with depression and self-harm.	https://hatw.co.uk/	
	selfharmUK		Dedicated to self-harm recovery, insight and support.	https://www.selfharm.co.uk/	Hurt Yourself Less Workbook - http://www.studymore.org.uk/hylw.pdf
Dr	Talk to Frank		Talk to Frank provides facts, support and alcohol.	https://www.talktofrank.com/	

	Head Meds		Information on mental health medications.	https://youngminds.org.uk/fin-d-help/medications/	
	NHS LiveWell		Advice, tips and tools to help you make the best choices about your health and wellbeing.	Smoking - https://www.nhs.uk/live-well/quit-smoking/	Alcohol - https://www.nhs.uk/live-well/alcohol-support/
Families	Child Bereavement UK		Information and support to families when a child is bereaved.	https://www.childbereavementuk.org/	Short guidance films can be accessed here: https://www.childbereavementuk.org/Pages/Category/short-guidance-films
	Care For The Family		National charity which aims to promote strong family life & help those who face family difficulties.	https://www.careforthefamily.org.uk/	
	Family Lives		Parenting and family support.	https://www.familylives.org.uk/	