

Useful Websites

Charlie Waller Memorial trust <https://www.cwmt.org.uk/>

- Free self-help resources promoting resilience and mental wellbeing
- Support to identify and support someone with depression
- Resources include: GCSE support guides, Parents guide to depression, Wellbeing action plans, Coping with self-harm (guide for parents)

Young Minds www.youngminds.org.uk/

- Parents helpline and survival guide 0808 802 5544 (Free Mon-Fri from 9:30am – 4pm)
- Understanding feeling and symptoms, how to cope and where to get help.

Mind www.mind.org.uk/

- A-Z of mental health – offering advice and support
- Tips for everyday living

Time to change www.time-to-change.org.uk/

- Changing how we think about mental health
- Personal stories
- Mental health information
- Free resources, assemblies, session plans

Kooth www.kooth.com/

- Free, safe and anonymous online counselling service for young people

Action for Happiness www.actionforhappiness.org The website provides many resources and evidence based ideas for actions we can take to feel happier and help reduce and prevent mental ill health.

Anna Freud Centre www.annafreud.org

- Provides specialist help and training.
- **Schools in Mind** is a free network for school staff and allied professionals which shares academic and clinical expertise regarding the wellbeing and mental health issues that affect schools. The network provides a trusted source of up-to-date and accessible information and resources that school leaders, teachers and support staff can use to support the mental health and wellbeing of the children and young people in their care.

NHS Choices MoodZone www.nhs.uk/conditions/stress-anxiety-depression/

- Whatever you need to know about coping with [stress](#), [anxiety](#) or [depression](#), or just the normal emotional ups and downs of life
- It offers practical advice, interactive tools, videos and audio guides to help you feel mentally and emotionally better.

Rethink Mental Health www.rethink.org

- Offers support and advice on to anyone with severe mental illness
- The site has downloadable information on a number of mental health conditions.

MindEd www.minded.org.uk

- Minded is a free educational resource on children and young people's mental health for all adults.
- **MindEd for Families** has online advice and information that can help you to understand and identify early issues and how best to support them
- It includes e-learning resources.

Somerset Children & YP - Health and Wellbeing www.cypsomersethealth.org

- This website is hosted by Public Health Somerset's Children and Young People's team to support schools, colleges, getset services, childrens' centres and the wider children and young people's workforce to improve the health and wellbeing of children and young people in Somerset.
- The site has a Mental health toolkit
- Life hacks

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

- Free confidential chat service (phone, email, online)
- Tips, ideas and inspiration for young people to feel more in control.
- Games