

Useful Links - National support:

Organisation	Description
Kooth	Free, safe, anonymous online support for young people aged 11+.
Anna Freud National Centre for Children and Families: Coronavirus supporting young people's mental health	Self-care to look after our own mental health.
Charlie Waller Trust Coronavirus and Mental Health	Resources for schools and families.
Childline	A free, private and confidential service where children can talk about anything.
Headspace	Free tools around mindfulness and meditation.
Public Health England - Gov.uk: Guidance for the public on the mental health and wellbeing aspects of coronavirus (COVID-19)	Guidance on health and wellbeing aspects of coronavirus.
MindEd for Families	Safe and reliable advice about young people's mental health.
YoungMinds	Support for mental health during the pandemic.
NHS: NHS: Where to get urgent help for mental health	Ring 111 to get medical help near you.