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**Wellbeing Support Online – Some Useful Signposts**

**Information**

* [MIND](https://www.mind.org.uk/)
* [Young Minds](https://youngminds.org.uk/)
* [Head Meds](https://www.headmeds.org.uk/) (Powered by Young Minds)
* [Royal College of Psychiatrists](https://www.rcpsych.ac.uk/)
* [Mind Ed](https://www.minded.org.uk/)
* [NSPCC](https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/mental-health-suicidal-thoughts-children/) [Bi-Polar UK](https://www.bipolaruk.org/)
* [Charlie Waller Memorial Trust](https://www.cwmt.org.uk/)

**Support**

* [Kooth](http://kooth.com/) (Free, safe and anonymous on line support for young people aged 10-25
* [Samaritans](https://www.samaritans.org/branches/manchester-and-salford-samaritans)
* [BEAT](http://www.beateatingdisorders.org.uk/) (Eating Disorders)
* [Papyrus](https://www.papyrus-uk.org/) (Prevention of young suicide)
* [Childline](https://www.childline.org.uk/)
* [The Mix](https://www.themix.org.uk/) (information & support for under 25’s)
* [Young Minds](https://youngminds.org.uk/)
* [Youth Access](http://www.youthaccess.org.uk/) (advice and counselling network)

**Resources**

* [‘Stay Alive’ App](https://www.prevent-suicide.org.uk/)
* [Calm Harm App](https://calmharm.co.uk/) (Self-harm support/distraction app)
* [Headspace](https://www.headspace.com/headspace-meditation-app) (mindfulness/relaxation app)
* [Anna Freud Schools in Mind](https://www.annafreud.org/what-we-do/schools-in-mind/)

**Remember to use your daily check in calls with school or any other external agencies you are already working with to discuss any concerns you may have**

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