

Mental Health and Wellbeing:

The mental health and wellbeing of young people is paramount. If you are in any way concerned about your own mental health or if you are a parent/carer worried about your child's mental health, you can speak to a member of the Safeguarding team or your GP.

For additional guidance on and useful information about Mental Health and Wellbeing please click the links below:

- The NHS guide to coping with exam stress: [Help your child beat exam stress - NHS \(www.nhs.uk\)](https://www.nhs.uk)
- Young Minds offer support for both children and parents struggling with mental health: [YoungMinds | Mental Health Charity For Children And Young People | YoungMinds](https://www.youngminds.org.uk)
- Stem4 is a teenage mental health charity aimed at improving teenage mental health: [stem4 - supporting teenage mental health](https://www.stem4.org.uk)
- Childline have different forms of support available for teenagers: [Get Support | Childline](https://www.childline.gov.uk)
- The Children's Society provide support for those suffering with mental health difficulties: [Young People's Well-Being | The Children's Society \(childrenssociety.org.uk\)](https://www.childrenssociety.org.uk)
- Kooth provide free, safe and anonymous online support for young people: [Home - Kooth](https://www.kooth.com)
- Anna Freud National Centre for Children and Families: [Parents and Careers | Advice and Guidance | Anna Freud Centre](https://www.annafreud.org)
- Anna Freud National Centre for Children and Families: [On My Mind | Resources for Young People | Anna Freud Centre](https://www.annafreud.org)
- NSPCC: [How to Help Children Suffering From Depression & Anxiety | NSPCC](https://www.nspcc.org.uk)