



# Wellbeing



**An essential guide to  
supporting the good health  
and wellbeing of students**

# Teenage Mental Health



**SANE** is a leading UK mental health charity working to improve the quality of life for anyone affected by mental illness: [www.sane.org.uk](http://www.sane.org.uk)

**YOUNG MINDS** a support charity building a movement where all young people get the mental health support they need: [www.youngminds.org.uk](http://www.youngminds.org.uk)

**NHS** - Find support about mental health for children, teenagers, students and parents: [www.nhs.uk/mental-health/children-and-young-adults/](http://www.nhs.uk/mental-health/children-and-young-adults/)

**MIND** a UK charity offering advice and support to empower those experiencing a mental health problem: [www.mind.org.uk](http://www.mind.org.uk)

**STEM4** a charity that promotes positive mental health in teenagers. Offering a range of free apps to support young people: [www.stem4.or.uk](http://www.stem4.or.uk)

**CALM APP** - the number one app for sleep and meditation. For those wanting to experience better sleep, less anxiety and lower stress: [www.calm.com](http://www.calm.com)

# Online Safety



**NSPCC** a charity which offers a range of online advice on keeping children safe online:

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/>

**INTERNET MATTERS** founded by BY, Sky, TalkTalk, and Virgin Media, supports parents and carers to navigate the ever changing digital landscape: <https://www.internetmatters.org/>

**SAFER INTERNET CENTRE** a partnership of three leading UK organisations with a goal to make the internet a safe place for children and young adults: <https://saferinternet.org.uk/>

**CEOP** Child Exploitation and Online Protection command. A website where people can report online abuse or targeting: <https://www.ceop.police.uk/Safety-Centre/>

**THINKUKNOW** an online education programme helping young people stay safe on a phone, tablet or computer: <https://www.thinkuknow.co.uk/>

# Healthy Attitudes to Eating



**BEAT** a charity which also offers a helpline service for people experiencing disordered eating: <https://www.beateatingdisorders.org.uk/>

**NHS** advice on how to seek medical help for anyone experiencing an eating disorder

<https://www.nhs.uk/mental-health/feelings-symptoms-behaviours/behaviours/eating-disorders/>

**ANOREXIA & BULIMIA CARE** a uk charity supporting anyone affected by anorexia, bulimia, binge eating or eating distress

<https://www.anorexiabulimiacare.org.uk/>

**KENT AND MEDWAY EATING DISORDER SERVICE** local support for those experiencing disordered eating:

<https://www.nhs.uk/services/service-directory/kent-and-medway-eating-disorder-service/N10875341>



# Identity & Self Image



**NHS:** objective mental health advice about raising self esteem:

<https://www.nhs.uk/mental-health/self-help/tips-and-support/raise-low-self-esteem/>

**MERMAIDS** a charity helping gender diverse children and young people and their families: <https://mermaidsuk.org.uk/>

**TRANS UNITE** a comprehensive resource for people in the UK searching for support in the transgender community

<https://www.transunite.co.uk/>

**BUILD CONFIDENCE WITH AJ APP (£2.49)** uses meditation, guided relaxation and self care exercises to improve confidence and self esteem.

**THINKUP APP (Free with In App Purchases)** an app that provides daily affirmations to improve the way someone sees themselves.

# Anxiety



**YOUNG MINDS** a support charity building a movement where all young people get the mental health support they need:  
<https://www.youngminds.org.uk/young-person/mental-health-conditions/anxiety/>

**NHS** Find support about generalised anxiety disorders:  
<https://www.nhs.uk/mental-health/conditions/generalised-anxiety-disorder/overview/>

**ANXIETY UK** a UK charity offering real time support services for people with anxiety: <https://www.anxietyuk.org.uk/>

**MIND** a UK mental health charity offering advice and support:  
<https://www.mind.org.uk/information-support/types-of-mental-health-problems/anxiety-and-panic-attacks/about-anxiety/>

**CLEAR FEAR** - an app providing strategies for young people on how to manage anxiety: <https://www.clearfear.co.uk/>

# Coping with Emotions



**KOOTH** an online counselling service for young people:

<https://www.kooth.com/>

**ACTION FOR CHILDREN** support and advice about emotional wellbeing, behaviours and learning: [www.actionforchildren.org.uk](http://www.actionforchildren.org.uk)

**NHS CHAT HEALTH FROM KENT COMMUNITY HEALTH** a text service for young people aged 11-19 where they can raise any health concerns, including coping with stress, anxiety, depression and anger: 07520 618850

**SHOUT** trained volunteers are available to help anyone struggling with emotions, panic attacks or suicidal thoughts. A 24hr text service - text SHOUT to 85258: <https://giveusashout.org/>

**SAMARITANS** if you need someone to talk to. Call 116 123:

<https://www.samaritans.org/>

**HEADSPACE APP** for assisting with meditation practice:

<https://www.headspace.com/>

# Grief



**HOPE AGAIN** the youth website of Cruise Bereavement Support:  
<https://www.hopeagain.org.uk/>

**THE GOOD GRIEF TRUST** support for anyone dealing with bereavement:  
<https://www.thegoodgrieftrust.org/>

**HELP IS AT HAND** support after someone may have died from suicide. A dedicated guide to those grieving: <https://supportaftersuicide.org.uk/>

**CHILD BEREAVEMENT UK** offering a dedicated zone on how to talk to and help children who are grieving:  
<https://www.childbereavementuk.org/supporting-bereaved-children-and-young-people>

**GRIEF ENCOUNTER** free, professional and specialist bereavement support services for children and young people:  
<https://www.griefencounter.org.uk/>



# Healthy Relationships



**THE MIX** essential support for the under 25s on a range of issues including sex and relationships: <https://www.themix.org.uk/>

**LET'S TALK ABOUT IT** a young person's advice service for people with questions about sex and sexual health. Delivered by the NHS: <https://www.letstalkaboutit.nhs.uk/other-services/support-for-young-people/new-young-persons-advice-guide/>

**NATIONAL STALKING HELPLINE:** a phone service to support victims of stalking set up by the Suzy Lamplugh trust: <https://www.suzylamplugh.org/pages/category/national-stalking-helpline>

**PACE:** a specialised charity tackling child exploitation and grooming: <https://paceuk.info/>

**BBC BITESIZE:** Healthy Relationships articles and videos aimed at 11-15 year olds: <https://www.bbc.co.uk/bitesize/topics/zhvbt39/articles/zfn7vk7>

# Home Life



**REFUGE** support for young people experiencing domestic violence:  
<https://www.refuge.org.uk/>

**NSPCC** a UK charity protecting children from harm:  
<https://www.nspcc.org.uk/>

**CHILDLINE** help and support on a wide range of issues. Calls to childline will not show up on a mobile phone bill (0800 1111):  
<https://www.childline.org.uk/>

**FREEDOM PROGRAMME** online and face to face programmes to support people at risk of domestic abuse: <https://www.freedomprogramme.co.uk/>

**NACOA** supporting people who are affected by a parents' drinking or alcoholism: <https://nacoa.org.uk/>

**CENTREPOINT** support for anyone at risk of sofa surfing or homelessness:  
<https://centrepoinpoint.org.uk/>

# Crime Prevention



**VICTIM SUPPORT** trained supporters providing help for anyone who has witnessed a crime or is a victim of crime:

<https://www.victimsupport.org.uk/>

**CORAM CHILDREN'S LEGAL CENTRE** promotes and protects the rights of children in the UK. Can provide legal advice in some circumstances:

<https://www.childrenslegalcentre.com/>

**LAW STUFF:** free legal information for children and young people. Set up to ensure young people have access to find out about their legal rights:

<https://lawstuff.org.uk/>

**CEOP** Child Exploitation and Online Protection command. A website where people can report online abuse or targeting:

<https://www.ceop.police.uk/Safety-Centre/>

**KARMA NIRVANA** providing services support and guidance connected to honour based violence and forced marriage: <https://karmanirvana.org.uk/>

# Harmful Behaviours



**OCD YOUTH** support for young people with OCD symptoms:  
<https://ocdyouth.org/>

**OCD UK** a UK charity able to educate and support people affected by OCD: <https://www.ocduk.org/>

**SELF INJURY SUPPORT** a web based charity offering a huge range of resources to support women and girls living with self harming behaviours: <https://www.selfinjurysupport.org.uk/>

**HARMLESS** an organisation working to address and overcome issues related to self harm and suicide: <https://harmless.org.uk/>

**CAMPAIGN AGAINST LIVING IN MISERY** support for men at risk of suicide including a helpline number: <https://www.thecalmzone.net/>

**I AM SOBER** an app designed to track milestones when working on developing new daily habits, including abstaining from self harm: <https://iamsobers.com/>

**Speak to your tutor, Head of  
Year or Student Services if  
you need support in school**

**Mss-studentservices@swale.at**

