










	<p>Anna Freud - https://www.annafreud.org/coronavirus-support/</p> <p>Mental Health charity supporting children and families</p>		<p>Smiling Mind App</p> <p>Mind App Mindfulness meditation Free app developed by psychologists and educators for young people</p>
	<p>Kooth - https://www.kooth.com/</p> <p>Kooth offers free, safe, anonymous support</p>		<p>Childline - www.childline.org.uk</p> <p>Phone, text and online support with trained counsellors</p>
	<p>Young minds - https://youngminds.org.uk</p> <p>Strategies, support and help for children and young people suffering with their mental health</p>		<p>MindEd - https://www.minded.org.uk/</p> <p>MindEd is a free educational resource on children and young people's mental health for all adults</p>
	<p>Shout - Text 85258 https://www.giveusashout.org</p> <p>Mental health support offered 24/7 via text messaging service</p>		<p>No Panic - https://nopanic.org.uk/</p> <p>Talk to online counsellors about anxiety</p>
	<p>Every Mind Matters - https://www.nhs.uk/oneyou/every-mind-matters/helping-others/</p> <p>Information and Advice on how you can help others struggling with Mental Health</p>		<p>NHS - https://www.nhs.uk/mental-health/</p> <p>Information and support for mental health</p>
	<p>Mind - www.mind.org.uk</p> <p>Provide advice and support to empower anyone experiencing a mental health problem</p>		<p>Students against depression - https://www.studentsagainstdepression.org/</p> <p>Offering advice, information, guidance and resources to those affected by low mood and depression</p>