

[NHS Mental Health Services](#)

Link to lots of different mental health services and support. Useful information on the website to support families.

[Advice for parents – NHS](#)

Lots of information about a range of issues and links to useful websites.

- Children and bereavement
- Helping your child with anger issues
- Anxiety disorders in children
- Anxiety in children
- Depression in children and young people
- Talking to your child about feelings

[Young Minds](#)

Help and support for children and parents with a range of subjects including; mental health, feelings and coping with life.

[Kooth](#)

This is a free online service that offers emotional and mental health support for children and young people. Children can hold a "drop-in" chat with a counsellor or therapist or book a one-to-one session. Recommended for Year 6 and above.

[Action for Happiness](#)

Action for Happiness helps people 'take action' for a happier and kinder world through effective resources and support.

[Winstons Wish](#)

Bereavement charity supporting grieving children and families.

[Childline](#)

Information and advice on; bullying, feelings, boy image, home and families, relationships, and school.

[MindEd](#)

Safe and reliable advice about young people's mental health, created by experts and parents together.

[Childline](#)

A range of information and support for children and adults.