

WEBSITES	APPS
ANXIETY	
<ul style="list-style-type: none"> • https://www.rcpsych.ac.uk/mental-health/parents-and-young-people/young-people/worries-and-anxieties • www.kooth.com • www.youngminds.org.uk 	<ul style="list-style-type: none"> • Brethe2relax • What's up • Headspace • Calm • Stop think Breathe • Here and now Breathe kids • SAM • Panic relief
LOW MOOD/DEPRESSION	
<ul style="list-style-type: none"> • www.kooth.com • www.youngminds.org.uk • www.samaritans.org 	<ul style="list-style-type: none"> • Stop think breathe • eCBT Mood • What's up • In Hand • Pacifica
SELF HARM	
<ul style="list-style-type: none"> • https://www.nhs.uk/conditions/self-harm/ • www.rethink.org • Parents Guide To Support - Self-harm • https://youngminds.org.uk/find-help/feelings-and-symptoms/self-harm/ 	<ul style="list-style-type: none"> • Calm Harm • Mindfulness • Stop think Breathe • Calm
SELF ESTEEM	
<ul style="list-style-type: none"> • https://www.mind.org.uk/media/715750/how-to-increase-your-self-esteem-2013.pdf • https://www.mind.org.uk/information-support/types-of-mental-health-problems/self-esteem/#.Xeo1XG52sb5 	<ul style="list-style-type: none"> • Happy healthy • Smiling mind • I am
RESILIENCE	
<ul style="list-style-type: none"> • https://www.rcpsych.ac.uk/mental-health/parents-and-young-people/young-people/u-can-cope!-how-to-cope-when-life-is-difficult-for-young-people • www.boingboing.org.uk 	<ul style="list-style-type: none"> • Super better • Smiling mind • Happy Healthy
COUNSELLING	
<ul style="list-style-type: none"> • www.kooth.com • www.someonecares.org.uk • http://www.moodjuice.scot.nhs.uk/ (Click on 'professionals area' to access information) • www.streetwisenorth.org.uk 	
STRESS/EXAM STRESS	
<ul style="list-style-type: none"> • http://www.moodjuice.scot.nhs.uk/ (Click on 'professionals area' to access information) • www.kooth.com • http://www.youngminds.org.uk/ • https://www.nhs.uk/conditions/stress-anxiety-depression/coping-with-exam-stress/ • https://www.bbc.co.uk/bitesize/articles/zsvqghv • https://www.samaritans.org/how-we-can-help/schools/deal/deal-resources/coping-strategies/exam-stress-coping-strategies/ 	<ul style="list-style-type: none"> • Stop think breathe • Calm • Here and now • My SQA • BBC bitesize revision
ANGER	

<ul style="list-style-type: none"> • http://www.wales.nhs.uk/sitesplus/documents/866/PIU829%284%29%28ABUHB%29%28Active%29%28DEC%2018%29.pdf A psychological guide for professionals about anger in childhood • http://www.moodjuice.scot.nhs.uk/ (Click on 'professionals area' to access information) • http://www.youngminds.org.uk/ • http://www.mind.org.uk/ 	<ul style="list-style-type: none"> • Breathe kids • Stop think breathe • Emotions manager • Calm
RELATIONSHIPS	
<ul style="list-style-type: none"> • www.womensaid.org.uk • https://www.childline.org.uk/info-advice/friends-relationships-sex/sex-relationships/healthy-unhealthy-relationships/ • https://www.mentalhealth.org.uk/blog/why-relationships-are-so-important-children-and-young-people • https://www.childrenssociety.org.uk/what-we-do/resources-and-publications/friendship-for-all 	<ul style="list-style-type: none"> • Well mind • Calm • Stop think Breathe • Wud U
BEREAVEMENT	
<ul style="list-style-type: none"> • https://www.winstonswish.org/supporting-you/supporting-a-bereaved-child • https://www.childbereavementuk.org/ • www.cruse.org.uk 	<ul style="list-style-type: none"> • Apart of me • Butterfly app
DRUGS AND ALCOHOL	
<ul style="list-style-type: none"> • https://www.talktofrank.com/ • https://youngminds.org.uk/find-help/looking-after-yourself/drugs-and-alcohol/#drugs,-alcohol-and-you • https://alcoholeducationtrust.org/teacher-area/units-and-guidelines/ • https://alcoholeducationtrust.org/teacher-area/staying-safe-avoiding-risk-taking/staying-safe-information-sheets/ • https://www.rcpsych.ac.uk/mental-health/parents-and-young-people/young-people/drugs-and-alcohol-for-young-people 	<ul style="list-style-type: none"> • Drinkaware • Drink Less
HEALTHY EATING	
<ul style="list-style-type: none"> • https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/ • https://www.nhs.uk/live-well/eat-well/eight-tips-for-healthy-eating/ • https://www.beateatingdisorders.org.uk/recovery-information/worried-about-pupil • https://www.childfeedingguide.co.uk/ • http://www.foodactive.org.uk/wp-content/uploads/2016/07/GULP-3-Energy-Drinks-v2.pdf • https://www.nhs.uk/news/pregnancy-and-child/energy-drinks-not-good-for-children/ • www.change4life.co.uk 	<ul style="list-style-type: none"> • Change4life • Myfitnesspal • Strava • Couchto5K
EATING DISORDERS	
<ul style="list-style-type: none"> • www.kidshealth.org • www.nhs.uk • www.beateatingdisorders.org.uk • www.niwe.org.uk 	<ul style="list-style-type: none"> • Rise up and recover • Calm Harm
SEXUAL HEALTH	

<ul style="list-style-type: none"> • https://www.pshe-association.org.uk/curriculum-and-resources/resources/disrespect-nobody • http://www.fpa.org.uk/sites/default/files/consent-giving-getting-respecting-leaflet.pdf • https://www.nhs.uk/live-well/sexual-health/protect-yourself-from-unwanted-pregnancy-stis/ • https://www.childline.org.uk/info-advice/friends-relationships-sex/sex-relationships/pregnancy/ • https://www.nhs.uk/live-well/sexual-health/getting-contraception/ • https://www.childline.org.uk/info-advice/friends-relationships-sex/sex-relationships/contraception-safe-sex/ • https://www.sexwise.fpa.org.uk • https://www.northumbria.nhs.uk/our-locations/one-to-one-centre-shiremoor/ • https://www.nhs.uk/live-well/sexual-health/getting-contraception/ • https://www.nhs.uk/conditions/sexually-transmitted-infections-stis/ • https://www.sexwise.fpa.org.uk/resources • http://www.fpa.org.uk/sites/default/files/abortion-knowing-the-facts.pdf 	<ul style="list-style-type: none"> • Period tracker • Easy period • myPill
SEXUAL EXPLOITATION/SEXTING	
<ul style="list-style-type: none"> • https://www.barnardos.org.uk/what-we-do/protecting-children/cse • https://paceuk.info/ • https://cchp.nhs.uk/sites/default/files/attachments/Spot%20the%20Signs.pdf • https://www.westsussexscp.org.uk/wp-content/uploads/Guidance-on-Sexting-for-Schools.pdf • https://www.icmec.org/wp-content/uploads/2017/02/Sexting-in-Schools-UKCCIS.pdf • https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/sexting/ 	<ul style="list-style-type: none"> • Wud U
GAMING/SOCIAL MEDIA	
<ul style="list-style-type: none"> • https://www.childrenscommissioner.gov.uk/wp-content/uploads/2019/10/CCO-Gaming-the-System-2019.pdf • https://childmind.org/downloads/Childrens_Mental_Health_Report_2019_Summary.pdf • https://childmind.org/downloads/Childrens_Mental_Health_Report_2019_Parents.pdf • https://childmind.org/downloads/Childrens_Mental_Health_Report_2019_Teen.pdf 	<ul style="list-style-type: none"> • Parental control-screen time • Parent control app • Circle Parental controls
SMOKING	
<ul style="list-style-type: none"> • https://ash.org.uk/wp-content/uploads/2019/09/190913-ASH-Factsheet_Youth-Smoking.pdf • https://www.smarterthansmoking.org.au/tobacco-resources/ • https://campaignresources.phe.gov.uk/schools/resources/smoking-lesson-plan-pack 	<ul style="list-style-type: none"> • Smokefree • Smoke free

<ul style="list-style-type: none"> • https://www.relate.org.uk/relationship-help/help-family-life-and-parenting/parenting-teenagers/alcohol-and-drugs/help-your-teenager-quit-smoking • https://teen.smokefree.gov/ 	
KEEPING ACTIVE	
<ul style="list-style-type: none"> • https://www.activenorthtyneside.org.uk/teen-gym/ • https://www.activenorthtyneside.org.uk/no-limits-activities/ • http://www.activenorthtyneside.org.uk/wp-content/uploads/2016/03/5-18yrs-Physical-Activity.pdf • https://www.nhs.uk/change4life/activities/sports-and-activities • https://www.nhs.uk/live-well/exercise/physical-activity-guidelines-children-and-young-people/ 	<ul style="list-style-type: none"> • My fitness pal • Active kids • Change4life
GENERAL HEALTH AND WELLBEING	
<ul style="list-style-type: none"> • www.nhs.co.uk • www.mind.org.uk • www.mentalhealth.org.uk 	<ul style="list-style-type: none"> • Brethe2relax • Smiling Mind • Mindfulness daily • Headspace • Wellmind • Zen Studio • Here Mindfulness • Mindshift • Virtual hope • Super better
SLEEP	
<ul style="list-style-type: none"> • https://sleepcouncil.org.uk/advice-support/sleep-advice/sleep-hygiene/ • https://youngminds.org.uk/find-help/feelings-and-symptoms/sleep-problems/?gclid=EA1aIQobChMI87WJw8_E6AIVhfdRCh0WYA2_EAAYAiAAEgKdp_D_BwE • https://www.nhs.uk/live-well/sleep-and-tiredness/sleep-tips-for-teenagers/ 	<ul style="list-style-type: none"> • Calm – Meditation and Sleep • Slumber • Sleepiest: Sleep with sounds • Headspace • Relax Melodies • Moshi Twilight Sleep Stories
BEHAVIOUR	
<ul style="list-style-type: none"> • www.inourplace.co.uk Solihull (Passcode: QUADRANT) Click Start Now and enter code. • https://www.familylives.org.uk/advice/primary/behaviour/challenging-behaviour/ • https://kidshealth.org/ • https://learning.nspcc.org.uk/research-resources/leaflets/positive-parenting/ • https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/ 	