
Useful Links

Childline: www.childline.org.uk (A listening ear for whatever is on your mind)

Samaritans: www.samaritans.org (A listening ear, 24 hours a day, 365 days per year)

Kooth: <https://kooth.com> (Free, safe and anonymous online support for young people)

CEOP: www.ceop.police.uk (Child protection and online safety)

Internet Matters: www.internetmatters.org (Online safety)

UK Safer Internet Centre: www.saferinternet.org.uk (Online safety)

FRANK: www.talktofrank.com (Confidential drugs advice)

Doorway: www.doorway.org.uk (Housing support and advice for young people in Warwickshire)

Useful Numbers

Childline: 0800 1111 (A listening ear for whatever is on your mind)

Samaritans: 116 123 (A listening ear, 24 hours a day, 365 days per year)

FRANK: 0300 123 6600 (Confidential drugs advice)

Doorway: 02476 345 583 (Housing support and advice for young people in Warwickshire)

Stonham Housing: 01455 618001 (Housing support and advice in Leicestershire)

Mental Health Information

Post-16 Mental Health: useful sources of information

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

The voice for young people's mental health & well-being

<http://www.mind.org.uk/>

Mental Health Charity – A-Z of mental health

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

Most anxiety-related issues covered in detail

<http://www.moodjuice.scot.nhs.uk/anxiety.asp>

This website also offers information on anxiety, depression, suicide, psychosis & many other conditions

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

General information on anxiety and details of youth helpline

<https://www.time-to-change.org.uk/>

General resources and personal stories about Mental Health

<http://www.stem4.org.uk/>

Information about most Mental Health conditions - aimed at young people and teachers

<https://www.mentalhealth.org.uk/publications>

Booklets on many Mental Health conditions

<https://www.papyrus-uk.org/>

Young people & Suicide

<http://studentsagainstdepression.org/>
Issues around depression

<https://www.mentalhealth.org.uk/a-to-z>
A-Z of key Mental Health issues & conditions

<http://www.nhw.nhs.uk/pic/selfhelp/>
NHS self-help booklets

Exam Stress

<http://www.studentminds.org.uk/exam-stress.html>

<https://www.childline.org.uk/info-advice/school-college-and-work/school-college/exam-stress/>

<https://www.thestudentroom.co.uk/content.php?r=16171-dealing-with-exam-stress>

<https://www.mind.org.uk/information-support/your-stories/14-ways-to-beat-exam-stress/#.WQnc-WddHcs>

<http://theconversation.com/how-to-overcome-exam-anxiety-67445>
