

www.childline.org.uk

A place a child or young person can talk to someone about something they are worried about. They can do this online or over the phone. 08001111

www.nspcc.org.uk

This charity works against child abuse - a helpline is available for parents or other adults concerned about a child (0808 8025544).

www.samaritans.org

A confidential helpline which offers support and advice to those in emotional distress. - 116 123

<https://www.bbc.com/ownit/about-us/children-mental-health-in-isolation>

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

<https://maudsleycharity.org/familiesunderpressure/>

<https://www.actionforchildren.org.uk/support-for-parents/children-s-mental-health/how-can-you-help-with-children-and-young-peoples-mental-health/mental-health-resources-and-information/>

<https://imoves.com/the-imovement>

<https://nipinthebud.org/information-films/tips-for-returning-to-school/>

