

Looking after your emotional wellbeing

Mental health support services

	<a href="http://www.kooth.com">www.kooth.com</a>
	<a href="http://www.mentalhealth.org.uk">www.mentalhealth.org.uk</a>
	<a href="http://www.youngminds.org.uk">www.youngminds.org.uk</a>
	<a href="http://www.mind.org.uk">www.mind.org.uk</a>
	<a href="http://www.barnardos.org.uk">www.barnardos.org.uk</a>
	<a href="http://www.actionforchildren.org.uk">www.actionforchildren.org.uk</a>
	<a href="http://www.nspcc.org.uk">www.nspcc.org.uk</a>
 <p>ONLINE, ON THE PHONE, ANYTIME childline.org.uk   0800 1111</p>	<a href="http://www.childline.org.uk">www.childline.org.uk</a>