

## Mental Wellbeing Useful Contacts

<https://sandbox.getcerebral.co.uk/> - students can sign up to receive advice and potentially 1-2-1 support with their mental health

<https://parentwise.campaign.gov.uk/> - advice for parents and carers to support your child with their mental health and wellbeing

<https://www.youngminds.org.uk/> - advice and support for young people with their mental health, as well as advice for parents and carers who may be concerned about their child's Wellbeing

<https://www.childline.org.uk/> - childline will support young people with whatever is on their Mind.

<https://www.samaritans.org/> - the Samaritans offer 24/7 support, 365 days of the year for anyone who is not coping or needs to talk to someone.

<https://giveusashout.org/> - Shout is an online service that can support with many things, including relationships, bullying, abuse, depression, anxiety, suicidal thoughts, self-harm, and panic attacks. They can text 'SHOUT' to 85258 24/7 for support.