

## Useful Websites

### **Mental Health Awareness**

Young Minds [www.youngminds.org.uk](http://www.youngminds.org.uk)

Childline [www.childline.org.uk](http://www.childline.org.uk)

Samaritans [www.samaritans.org](http://www.samaritans.org)

Papyrus [www.papyrus-uk.org](http://www.papyrus-uk.org)

National Association of Self Harm Network [www.nshn.co.uk](http://www.nshn.co.uk)

Kooth [www.koothplc.com](http://www.koothplc.com)

### **Safeguarding**

NSPCC [www.nspcc.org.uk](http://www.nspcc.org.uk)

Women's Aid [www.womensaid.org.uk](http://www.womensaid.org.uk)

Barnardos [www.barnardos.org.uk](http://www.barnardos.org.uk)

Anti-Bullying Alliance [www.anti-bullyingalliance.org.uk](http://www.anti-bullyingalliance.org.uk)

Safer Internet Centre [www.saferinternet.org.uk](http://www.saferinternet.org.uk)

### **Wider Support**

National Autistic Society [www.autism.org.uk](http://www.autism.org.uk)

The Proud Trust [www.theproudsttrust.org](http://www.theproudsttrust.org)

Shelter [www.shelter.org.uk](http://www.shelter.org.uk)

World Health Organisation [www.who.int](http://www.who.int)