

Support and self-help services for students and parents/carers

It is a challenging and uncertain time for everyone at the moment and this can affect our wellbeing. There are many organisations offering advice and guidance to everyone about managing their own wellbeing and the wellbeing of our children.

- www.youngminds.org.uk – helping young people look after their own mental health.
- [Calm Harm](#) - a free mobile app that provides tasks to help resist or manage the urge to self-harm.
- www.Selfharm.org.uk/home - a project dedicated to supporting young people impacted by self-harm, providing a safe space to talk, ask questions and be honest about what is going on in their life.
- www.moodjuice.scot.nhs.uk – an online resource providing information to regarding emotional wellbeing.
- www.samaritans.org – a free service for people that feel things are getting out of control.
- www.papyrus-uk.org – a service that can help young people deal with negative feelings. Has links to suicide prevention.
- www.annafreud.org – a children’s mental health charity providing specialist help, research and training for children, young people, families and schools.
- <https://www.barnardos.org.uk/> – provides services, research and guidance on a range of issues concerning children’s wellbeing.
- Kooth.com - Provides online mental health services for children, young people and adults. Kooth is an online counselling and emotional wellbeing platform
- www.nhs.uk - If you have a serious concern for yours or someone’s own mental health contact 111 option 2.

With lessons being taught remotely and a heavier reliance on being online, you may also have concerns around your child’s online safety. There are many websites that offer practical support and advice for parents/carers to keep children safe online:

- [Internet matters](#) - for support for parents and carers to keep their children safe online
- [Net-aware](#) - for support for parents and carers from the NSPCC
- [Parent info](#) - for support for parents and carers to keep their children safe online
- [Thinkuknow](#) - for advice from the National Crime Agency to stay safe online
- [UK Safer Internet Centre](#) - advice for parents and carers, report and remove harmful content
- [CEOP](#) - for advice on making a report about online abuse.

Other advice and support:

- [Childline](#) - support and advice for students around a range of issues
- Educateagainsthate.com – practical advice and information for parents and school staff on protecting children from extremism and radicalisation.
- www.minded.org.uk – online advice and information from trusted sources to help families understand and identify early issues and best support your child.
- www.karmanirvana.org.uk – Supports victims and survivors of forced marriage and honour based abuse.
- www.caraline.com – aims to help suffers of eating disorders and their families.
- www.thekitetrust.org.uk - confidential service working with young people who need support with their gender identity or sexuality
- <https://www.covid19parenting.com/> for various parenting support in different languages (including English) that can be used to support you at home with your child during this time, ranging from staying healthy, keeping safe online and home learning.
- Cambdsasv.org.uk – Cambridgeshire and Peterborough Domestic Abuse and Sexual Violence partnership.