

LOOKING AFTER YOURSELF

Organisations that can offer support and advice

Mental health and wellbeing

<https://www.youngminds.org.uk/young-person/>

<https://mindedforfamilies.org.uk/young-people>

<https://www.kooth.com/>

<https://eikon.org.uk/children-and-young-people/eikon-in-my-area/>

<https://giveusashout.org/>

<https://www.mindworks-surrey.org/our-services>

<https://safespacehealth.uk/>

<https://www.samaritans.org/>

<https://www.studentsagainstdepression.org/>

<https://www.charliewaller.org/>

Big changes

Bereavement and grief - [Child Bereavement UK](#) or [Winston's Wish](#).

Divorce and separation - [Young Minds](#)

Adolescence and growing up - [The Mix](#)

Exam stress - [Place2Be](#)

Conditions and challenges

Eating disorders - [Beat](#)

Addiction and drugs - [FRANK](#)

Abuse - [NSPCC](#) (National Society for the Prevention of Cruelty to Children).

Difference and diversity

Special needs and disabilities - [Scope](#)

Autism - [National Autistic Society](#)

LGBTQ+ - [Strong Family Alliance](#)

Race and ethnicity - [BAATN](#) (The Black, African and Asian Therapy Network).

Gender identity - [Gendered Intelligence](#)

