

[Useful Resources for Young People.](#)



[Moodspark.org.uk](http://Moodspark.org.uk) a website where young people can learn how to look after their emotional and mental health and find ways to help them bounce back when life gets tough.



[Kooth.com](http://Kooth.com) online support and counselling for 10-25 year olds across Kent and Medway. It offers 1-2-1 chats, helpful articles, community discussion boards and daily journals



Parents, young people and schools can access a range of helpful information and resources via the [Kent Youth Website](#).



[NHS Chathealth](#) is a confidential texting service for young people aged 11-19. Young people can text the school health team about any concerns or health issues on 07520 618850, Monday to Friday, 9am to 5pm.



SHOUT Text the word 'SHOUT' to 85258 for free confidential support at any time from Shout. Free expert advice from trained counsellors is available for every mental health concern.