

Wellbeing

FOR CHILDREN



kooth.com

safe space to talk to professionals

app to download to
get support

www.youngminds.org.uk

YOUNGMiNDS

Help and advice about how you are feeling



www.moodspark.org.uk

Safe online space to get support with
stress and anxiety

NSPCC

ChildLine

0800 1111



www.childline.org.uk