

External Websites and Contacts

- **[Young Minds](#)**
A fantastic organisation offering free, confidential online and telephone support, including information and advice, to any adult worried about the emotional problems, behaviour or mental health of a child or young person.
- **[Parents Survival Guide](#)**
Parenting isn't always easy. Although it's often amazing and rewarding to watch your children grow, and to help them learn to be independent, it can also be really hard work.
- **[Parents Helpline](#)**
Young Minds offer free, confidential online and telephone support, including information and advice, to any adult worried about the emotional problems, behaviour or mental health of a child or young person up to the age of 25.
- **[A-Z of Mental Health](#)**
Reliable information for parents and carers about common mental health and behaviour concerns in children and young people aged 0-25.
- **[NSPCC](#)**
The NSPCC's Parents' site recognises a big part of keeping children safe is making sure to look after their emotional and mental well-being. The site offers information on an array of topics including mental health and wellbeing; self-harm; sexual behaviour; and talking about difficult topics.
- **[Royal Society of Psychiatrists](#)**
The main professional body for psychiatrists in the UK believes that everyone needs the knowledge to make informed decisions about their health and aim to produce information which is: evidence-based, accessible and up-to-date. Their online A-Z leaflets cover all areas of mental health.
- **[NHS Live Well](#)**
Over 100 topics on healthy living.
- **[Talk to Frank](#)**
An advice section of the site for parents offering up to date advice and information about drugs, providing access to live chat, email and telephone support, as well as leaflets, FAQs and links to other sites.
- **[Alcohol Education Trust](#)**
A charity offering information and advice to help parents to discuss issues around alcohol with their children.
- **[Health Matters](#)**
Whether you're a parent or a secondary school aged pupil in any of the nine boroughs where Health Matters deliver their school nursing services, here, you will find lots of health and well-being information to support you or your child's health. You can also contact the school nurse directly through our 'Ask a question' service.
- **[KIDS](#)**
KIDS are a national charity, founded over 45 years ago, providing a wide range of support services to disabled children, young people and their families. They support children with any disability from birth to 25 years of age. They offer their support to the whole family with the aim of giving disabled children a brighter future.

- **Childline**
Childline is yours - a free, private and confidential service where you can be you. Whatever your worry, whenever you need help, however you want to get in touch. We're here for you online, on the phone, anytime.
- **Barnardo's**
Barnardo's believe in children – no matter who they are, what they have done or what they have been through. They will ensure their needs are met and their voices are heard.
- **Anna Freud**
A free network that provides a trusted source of up-to-date and accessible information which parents can use to support the mental health and wellbeing of the children and young people in their care.
- **Rethink**
Helps people affected by mental illness by challenging attitudes and changing lives. They directly support almost 60,000 people every year across England to get through crises, to live independently and to realise they are not alone. Their website is full of advice, support and resources.
- **Mind**
A National Mental Health Charity who provide advice and support to empower anyone experiencing a mental health problem.
- **NHS Choices Moodzone**
Whatever you need to know about coping with stress, anxiety or depression, or just generally improving your emotional wellbeing. It offers practical, useful information, interactive tools, and videos to support you on your way to feeling better.
- **Relate**
Are the UK's largest provider of relationship support. The website has a free Live Chat service, where anyone can chat in real time with one of their trained counsellors completely confidentially.
- **Rise Above**
A new website developed by Public Health England to boost resilience among 11-16 year olds by teaching them the skills needed to make better decisions in 'risky' situations such as smoking, drugs, drinking, relationships and sex.
- **Parent Gym**
An evidence-based parenting programme involving a series of six sessions proven to increase parents' skills and confidence and so improve the behaviour and wellbeing of their children.
- **The Charlie Waller Memorial Trust**
Was set up in 1997 in memory of Charlie Waller, a young man who took his own life whilst suffering from depression. Shortly after his death, his family founded the Trust in order to educate young people on the importance of staying mentally well and how to do so.
- **The Mix**
Whether you're worried about your mental health, or someone else's, they have

everything you need to know about mental health, from anxiety and depression to self-care and counselling.

- **[Mermaids](#)**
Supports gender-diverse children and young people until their 20th birthday, as well as their families and professionals involved in their care. Transgender and gender-variant children and teens need support and understanding, as well as the freedom to explore their gender identity. Whatever the outcome, Mermaids is committed to helping families navigate the challenges they may face.
- **[MindEd](#)**
Provides free, completely open access to online education available on tablets, phones or computers – to help adults support wellbeing and identify, understand and support children and young people with mental health issues.
- **[Doc Ready](#)**
A digital tool that helps young people to prepare and make the most out of mental health related GP visits. It helps young people to know what to expect during a GP.
- **[The Royal College of Psychiatrists Parents and Youth Info Index](#)**
Provides specifically tailored information for young people, parents, teachers and carers about mental health.
- **[The Children's Society](#)**
Fights child poverty and neglect, trying to help all children have a better chance in life.
- **[Papyrus](#)**
Are the national charity for the prevention of young suicide.
- **[The Campaign Against Living Miserably \(CALM\)](#)**
- Is leading a movement against male suicide, the single biggest killer of men under 45 in the UK.
- **[Family Lives](#)**
Provides a 24 hour helpline, advice website, live chat and parenting/relationship support groups. They respond to questions on all aspects of family life that include all stages of a child's development, issues with schools and parenting/relationship support. They also respond when life becomes more complicated and provide support around family breakdown, aggression in the home, bullying at school, teenage risky behaviour and mental health concerns of both parents and their children.
- **[Kidscape](#)**
Works UK-wide to provide individuals and organisations with practical skills and resources necessary to keep children safe from harm. The Kidscape staff equips young people with practical knowledge and skills around personal safety, as well as reducing the likelihood of future harm.
- **[Counselling Directory](#)**
Has a nationwide database of qualified practitioners, alongside lots of useful information on mental health.
- **[Selfharm.co.uk](#)**
Is a project dedicated to supporting young people impacted by self-harm, providing a safe space to talk, ask any questions and be honest about what's going on in your

life. These pages will tell you a bit about us as well as pointing you in the right direction if you need to contact us or find out more about our policies and procedures.

- [**National Online Safety**](#)

They believe in empowering parents, carers and trusted adults with the information they need to hold informed and age-appropriate conversations about online safety with their child, should they feel it is needed. Every Wednesday they produce guides to focus on specific platforms/risks which they believe trusted adults should be aware of.

- [**Every Mind Matters**](#)

Is Public Health England Campaign encouraging adults to be more aware of their mental health and helps them to discover simple steps to look after their mental health and wellbeing.

- [**Teenage Cancer Trust**](#)

Have a range of high quality education resources for schools around what cancer is, signs and symptoms, the importance of healthy living, sun safety, HPV vaccine, the impact of a cancer diagnosis and other topics.

- [**Kooth**](#)

Is your online mental wellbeing community. Access free, safe and anonymous support.

- [**Thinkuknow**](#)

Is the education programme from NCA-CEOP, a UK organisation which protects children both online and offline.

- [**Online Safety Packs**](#)

Activity packs include simple 15 minute activities you can do with your child to support their online safety at home.

- [**National Self Harm Network**](#)

ons that can help.

Distracti

- [**BBC Bitesize - Parents' Toolkit**](#)

tips, expert advice and fun activities to help you support your child's wellbeing and learning in a changing world. Parents, we've got you!

Top

- [**BBC Bitesize - Parents' Toolkit Anxiety**](#)

help your child - with five simple coping techniques.

How you can

- [**National Online Safety App**](#)

hello to the new National Online Safety mobile application.

Say

- [**#AskTheAwkward - ThinkUKnow**](#)

ward aims to help parents and carers have regular conversations with their children about online relationships and more. The resource includes three short films created in a social experiment style, with real parents and their children to capture their reactions to a range of questions.

#AskTheAwk

- [**NSPCC Positive Parenting Guide**](#)

Positive parenting uses techniques that work well for every child. These techniques build on your child's wish to please you, the importance of listening, and, above all, loving your child – leading to a better-behaved, happy child and less-stressed parents.

- **Young Minds - Grief and**

- **Loss**

When you lose someone close to you, it's natural to feel sad, depressed, worried or angry. Everyone reacts in their own way. If you're finding it hard to cope, Young Minds can help you find support.

- **Harmful Sexual Behaviour**

It can be difficult to know what is and isn't appropriate for your child's age and stage of development. This document has some really useful information on this topic.

- **Beat Eating Disorders**

We are the UK's eating disorder charity. Founded in 1989 as the Eating Disorders Association, our mission is to end the pain and suffering caused by eating disorders.

- **Worrying about money? Support is available in Croydon**

A range of local organisations have produced this leaflet to support families/residents worrying about money issues. The leaflet contains advice and guidance, plus detailed information about free local support.

- **PHONE SAFETY**

Has your child just got their first ever mobile phone? Getting a phone is really exciting. Here are some tips on how to keep them and their phone safe.