

SLOUGH SCHOOL HEALTH & WELLBEING PROJECT RESOURCES

7 - INFORMATION, ADVICE and SELF CARE for CHILDREN and YOUNG PEOPLE

The resources listed below by topic, are all offered by reputable organisations but the School Health & Wellbeing Project does not assess them and it is important that schools review them before use to ensure they are suitable for the child or young person concerned. ALL RESOURCES ARE FREE UNLESS SPECIFICALLY STATED.

Please get in touch if you would like further information about anything in this information sheet or to discuss support for your school or college.

Susan

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MENTAL HEALTH & WELLBEING

FREE COUNSELLING FOR YOUNG PEOPLE

[KOOTH: Free, confidential online counselling and support for young people](#)

[NUMBER 22: Free, confidential counselling for young people](#)

ANNA FREUD CENTRE

[On My Mind - information & self care strategies for children and young people](#)

ANTI-BULLYING ALLIANCE

[If you're being bullied](#)

ANTI-BULLYING FROM THE DIANA AWARD

[Information and advice for children and young people](#)

CHARLIE WALLER TRUST

[Student pages – mental health and wellbeing information for young people](#)

CHILDLINE

[Nobody is Normal – how to cope if you feel different](#)

[Something's not Right – support and advice for young people if something has happened or doesn't feel right](#)

[Worries about Coronavirus](#)

[Calm Zone](#)

[Mental Wellbeing Toolbox](#)

[1-1 Counsellor Chat](#)

[Getting Support at Night](#)

[Helpline 0800 1111](#)

[Going Back to School after Lockdown](#)

[Moving Schools](#)

[Worries about Coronavirus](#)

[Crime & the Law - Gangs](#)

[Racism and Racial Bullying](#)

[Crime & the Law - Gun and Knife Crime](#)

[Puberty - Girls](#)

[Puberty - Boys](#)

[Tips for Staying Healthy](#)

[Sexual Relationships](#)

[Making Friends](#)

[Friendship Problems](#)

[Bullying on Social Media](#)

EAST BERKSHIRE NHS

[FREE Self help mental health apps – see list below](#)

[Your Wellbeing #Coping Guides for Children, Young People and Families](#)

EVERY MIND MATTERS

[Top tips for coping with anxiety](#)

[Advice and self care videos](#)

FEARLESS

[Information and advice for young people about crime and criminality](#)

KIDSCAPE

[Information and advice for children and young people about preventing bullying](#)

KOOTH

Kooth offers **FREE** online counselling and other forms of support to young people aged **11-24 years**. They have produced a video for young people giving more information about Kooth, what is on offer and how to access support.

The video can be accessed using this link: <https://vimeo.com/470115097> Password: koothyoung2010

Kooth also offers Live Forums which give young people an opportunity to join an online discussion about a variety of relevant topics around mental and emotional wellbeing in a safe environment. Each forum is supported by a trained professional during the discussion and for a period of time afterwards. A list of topics is published each month on the

Kooth website: kooth.com

MENTAL HEALTH FOUNDATION

[Mental health in schools, make it count - a guide for pupils](#)

NATIONAL ONLINE SAFETY.COM

[Guide to being kind online](#)

[Guide to social media pressures linked to appearance](#)

[Guide to social media pressures linked to social media influencers](#)

[Guide to social media pressures linked to friends and followers](#)

[Guide to social media pressures linked to likes](#)

PUBLIC HEALTH ENGLAND

[Rise Above website for young people on a variety of issues including self care, relationships and sexual health](#)

SHOUT

[TEXT 'SHOUT' to 85258 : 24 hour support by text for young people struggling to cope](#)

THE CHILDREN'S SOCIETY

[Advice for children & young people on anxiety](#)

YOUNG MINDS

[Information, advice and support for children and young people on a range of mental health & wellbeing issues including anxiety and worries about Coronavirus](#)

RELATIONSHIPS & SEX EDUCATION

BROOK

[Sexual health help and advice for young people](#)

CHILDLINE

[Report & Remove website - If you're under 18 and a nude image or video of you has been shared online, you can report it and get it removed from the internet](#)

DISRESPECT NOBODY

[A Home Office sponsored website for young people offering information and advice about positive relationships including consent, pornography, sexting, relationship abuse and rape. It also includes information about where to get help.](#)

DO...

[Relationships and sexual health information for young people](#)

FAMILY PLANNING ASSOCIATION

[Sexwise website - up to date information about contraception](#)

MERMAIDS

[Support and information for gender diverse young people](#)

PUBLIC HEALTH ENGLAND

[Rise Above website for young people on a variety of issues including self care, relationships and sexual health](#)

PUBLIC HEALTH SLOUGH

[Information, advice and sexual health services in Slough](#)

SAFE SEX BERKSHIRE

[Information, advice and sexual health services in Slough](#)

THE MIX

[Website offering information and advice to young people aged 14-25 on a range of issues including relationships, sex and sexuality](#)

YOUNG STONEWALL

[Information and support for LGBT young people](#)

ONLINE SAFETY

BBC

[Own It - website and app to help young people manage their online lives](#)

CEOP

[Advice and reporting for anyone concerned about online abuse](#)

CHILDLINE

[Online and mobile safety tips for children and young people](#)

[Report & Remove – guidance for young people on how to report and remove a sexual image of themselves that has been shared online](#)

CHILDNET

[GET HELP – Primary age](#)

[GET HELP - Secondary age](#)

CHILDREN'S COMMISSIONER FOR ENGLAND

[A children's guide to staying safe online](#)

[Digital 5 A Day - tips for achieving a healthy, balanced online life](#)

INSTAGRAM

[How to use new anti-bullying features](#)

INTERNET MATTERS

[STOP, SPEAK, SUPPORT: aims to help young people spot cyberbullying and know what steps they can take to stop it happening and provide support to the person being bullied](#)

NATIONAL ONLINE SAFETY.COM

[Guide to safer remote learning for pupils](#)

[BE KIND ONLINE: a guide to help pupils to understand how people's actions can affect others, how to be more responsible on social media and how displaying a kinder side can have such huge benefits](#)

[HOW NOT TO BECOME A SCREEN ZOMBIE: a guide for young people to raise their awareness around screen addiction](#)

ALCOHOL and DRUGS

SLOUGH TURNING POINT

[Young People's Service](#)

TALK TO FRANK

[Information and advice about drugs and other substances for young people](#)

YOUNG MINDS

[Looking After Yourself - drugs and alcohol](#)

ALCOHOL and DRUGS – use by parents/carers

ADFAM

[Support for families where drug and/or alcohol use is having a negative effect on relationships](#)

AL-ANON TEEN CORNER (ALATEEN)

[An online place, just for teens affected by someone else's alcohol use](#)

NATIONAL ASSOCIATION OF CHILDREN OF ALCOHOLICS (NACOA)

[Information and ongoing support for children and young people of all ages by phone or email](#)

HYGIENE and INFECTION PREVENTION

DEPARTMENT OF HEALTH

[NHS Test and Trace service](#)

PUBLIC HEALTH SLOUGH

[Reducing your risk from Coronavirus](#)

[# One Slough project](#)

Self-help mental health apps



Cove
Create music that reflects your mood to help you express how you're feeling

Cost: Free Age: 4 +



Catch It
Learn to manage negative thoughts and look at problems differently

Cost: Free Age: 12 +



WorryTree
Record, manage and problem solve your worries with this easy-to-use app

Cost: Free Age: 4 +
(contains in-app purchases)



ThinkNinja
Skills to help you deal with anxiety and low mood and feel healthier and happier

Cost: Free* Age: 11-18
(*Free until end of July 2018)



There are plenty of excellent apps that can help with managing your emotional wellbeing and mental health – here are some suggestions to get you started. Although these apps can be useful, they are not a replacement for seeking professional advice or support. If you have concerns about any symptoms you are experiencing see the sections on confidential national helplines and local services below.



eQuuo
Use choose-your-own adventure games to improve your emotional fitness

Cost: Free Age: 12 +
(contains in-app purchases)



Stress & Anxiety Companion
Breathing exercises, relaxing music and games to help calm your mind and reframe negative thoughts

Cost: Free Age: 4 +
(contains in-app purchases)



Calm Harm
A password-protected app that helps you resist or manage the urge to self-harm

Cost: Free Age: 12 +



Chill Panda
Use breathing techniques to help you relax more, worry less and feel better

Cost: Free Age: 6 +



Thrive
Use games to track your mood and learn how to take control of your stress and anxiety

Cost: Free Age: 12 +



MeetTwo
A safe forum for young people to share experiences and ask advice anonymously

Cost: Free Age: 13 +



Whilst all of the apps listed here are free to download, please be aware that some include extra in-app purchase options.

https://play.google.com/craft.meettwo&hl=en_GB