

SLOUGH SCHOOL HEALTH & WELLBEING PROJECT RESOURCE LIST No. 7

INFORMATION, ADVICE and SELF CARE for CHILDREN and YOUNG PEOPLE

The resources, training and CPD opportunities, listed below 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.

ALL RESOURCES AND TRAINING ARE FREE UNLESS SPECIFICALLY STATED.

MENTAL HEALTH & WELLBEING

FREE Counselling for Children and Young People

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

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

Aik Saath

Slough Young People Talk About 5 Ways to Wellbeing A video featuring Aik Saath's young volunteers talking about five things everyone can do to boost their mental wellbeing: [5 Ways to Wellbeing](#)

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](#)

BBC Bitesize

Feeling bored, flat and unmotivated? A video and article for children and young people from BBC Bitesize with reassurance and tips if they are feeling bored, flat and unmotivated: [Here are some things that can help](#)

Buckinghamshire Mind: Friends in Need – Young Adults Group

Friends in Need – Young Adults Group is a friendly and welcoming peer-to-peer social support community for 17 – 25-year-olds experiencing mild-to-moderate mental health and/or loneliness, in the East Berkshire area facilitated by Buckinghamshire Mind. Young adults come together to help manage the effects of depression, anxiety, loneliness, and isolation. Young people can self-refer or be referred by a practitioner or parent/carer. Please see the flyer below for more information.



Young Adults Group

**Friends
in need** East Berkshire
Bracknell, Slough
Windsor, Ascot &
Maidenhead

A peer support group for 17 – 25-year-olds experiencing mild-to-moderate mental health and/or loneliness, in the East Berkshire area.

Young Adults Friends in Need is a friendly and welcoming peer-to-peer social support community where young adults come together to help manage the effects of depression, anxiety, loneliness, and isolation.

Our uplifting, fun and free of charge activities provide the opportunity to socialise and share experiences in a non-judgemental and completely confidential setting. Come and feel supported with others who understand how you might be feeling. Together, we help each other on our recovery journey.

Our activities are based on the **Five Ways to Wellbeing: Connected, Active, Notice, Learn, Give**. We have a mixture of virtual and face-to-face activities, as we are following Government guidelines.

**If you would like more information or to join the group, please contact Ansa Khan, Team Lead, Email: ansa.khan@bucksmind.org.uk
Tel: 07496 874882**

mind
Buckinghamshire

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](#)

Ditch the Label

A global youth charity with information to help young people aged 12-25 with issues such as mental health, racism, bullying, identity and relationships: [Ditch the Label](#)

Frimley CCG (NHS)

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

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](#)

Healthier Together – webpages for Young People

Information for young people about mental and emotional wellbeing: [Healthier Together - Young People](#)

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](#)

Mermaids

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

National Online Safety

[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](#)

No Panic

Information, advice and self-help tips for children and young people about anxiety, phobias and panic attacks. There is also a dedicated Youth Helpline **0330 606 1174**. Access the Youth Hub on the No Panic website here:

<https://nopanice.org.uk/youth-hub/>

Rise Above

[A website for young people with information and advice on a variety of issues including mental and emotional wellbeing and self-care](#)

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](#)

The Mix

[Website offering information and advice to young people aged 14-25 on a range of issues including mental health and wellbeing](#)

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 and SEXUAL HEALTH

Brook

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

Childline

Something's Not Right - information and advice webpages on the Childline website, providing reassurance, support and advice for young people if they are worried that something is not right or if something has happened.

Access the webpages [HERE](#)

Talking About Sex - information and advice webpages on the Childline website, providing reassurance, support and advice for young people about a range of issues including consent and feeling judged, pressurised or coerced into having sex. Access the webpages [HERE](#)

Report and Remove – webpages on the Childline website giving information, advice and guidance for children and young people about how to report and remove a sexual image of themselves that has been shared online.

Access the webpages [HERE](#)

Online and Mobile Safety – webpages on the Childline website giving information, advice and guidance about 'sexting' and sharing nude images, online porn online grooming, staying safe and getting help if things go wrong.

Access the webpages [HERE](#)

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. Access the website [HERE](#)

Ditch the Label

A global youth charity with information to help young people aged 12-25 with issues such as mental health, racism, bullying, identity and relationships: [Ditch the Label](#)

Healthier Together – webpages for Young People

Information for young people about relationships, friendships, gender identity and sexuality:

[Healthier Together - Young People](#)

Contraception, consent, emergency contraception, pregnancy, sex and relationships, sexually transmitted infections and where to get help: [Healthier Together - Young People](#)

Do...

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

Mermaids

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

NSPCC Report Abuse in Education helpline

0800 136 663 or email help@nspcc.org.uk

This dedicated helpline will offer support to:

- all children and young people making current and non-recent disclosures of sexual harassment or abuse on school grounds within school time, and incidents linked to school in any capacity
 - any children or young people who want to talk about being involved or witnessing any incidents
 - any adults who have experienced non-recent abuse
 - parents and carers who have any concerns about their own or other children
 - professionals who work in schools and need support in this or related issues.

More information about the helpline can be found [HERE](#)

To help raise awareness of the Report Abuse in Education helpline, **two resource packs** have been produced with social media graphics, suggested posts and printable posters to help spread the word. There is a pack for [children and young people](#) and one for [adults](#).

Rise Above

A website for young people, provided by Public Health England, giving information, advice and guidance about a variety of issues including consent, relationships and sexual health. Access the website [HERE](#)

Safe Sex Berkshire

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

Sexwise website

[Up to date information about contraception](#)

The Mix

A website for young people, aged 14-25, providing information and advice on a range of issues including relationships, sex, consent, sexting and pornography. Access the website [HERE](#)

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

[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

Healthier Together – webpages for Young People

Information for young people about alcohol, drugs, legal highs, smoking, e-cigarettes, vaping and worries about friends' alcohol or drug use: [Healthier Together - Young People](#)

Slough Turning Point

[Young People's Service](#)

Talk to Frank

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

The Mix

[Website offering information and advice to young people aged 14-25 on a range of issues including alcohol and drugs](#)

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

GENERAL HEALTH, HYGIENE and INFECTION PREVENTION

Healthier Together – webpages for Young People

Information for young people about exercise, weight, body image, vaccines and staying healthy:

[Healthier Together - Young People](#)

Rise Above

A website for young people with information and advice on a variety of issues including keeping healthy, self-care and body image

The Mix

Website offering information and advice to young people aged 14-25 on a range of issues including general health and body image

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 2016)



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.



eQuoo
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 +



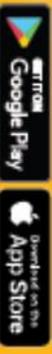
Chill Panda
Use breathing techniques to help you relax more, worry less and feel better

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 +



MeeTwo
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/meetwo&hl=en_GB