

WEBSITES	APPS
<b>ANXIETY</b>	
<ul style="list-style-type: none"> <li>• <a href="https://www.rcpsych.ac.uk/mental-health/parents-and-young-people/young-people/worries-and-anxieties">https://www.rcpsych.ac.uk/mental-health/parents-and-young-people/young-people/worries-and-anxieties</a></li> <li>• <a href="http://www.kooth.com">www.kooth.com</a></li> <li>• <a href="http://www.moodjuice.scot.nhs.uk">www.moodjuice.scot.nhs.uk</a> (Click on 'professionals area' to access information)</li> <li>• <a href="http://www.youngminds.org.uk">www.youngminds.org.uk</a></li> </ul>	<ul style="list-style-type: none"> <li>• Breathe2relax</li> <li>• What's up</li> <li>• Headspace</li> <li>• Calm</li> <li>• Stop think Breathe</li> <li>• Here and now Breathe kids</li> <li>• SAM</li> <li>• Panic relief</li> </ul>
<b>LOW MOOD/DEPRESSION</b>	
<ul style="list-style-type: none"> <li>• <a href="http://www.kooth.com">www.kooth.com</a></li> <li>• <a href="http://www.moodjuice.scot.nhs.uk/">http://www.moodjuice.scot.nhs.uk/</a> (Click on 'professionals area' to access information)</li> <li>• <a href="http://www.youngminds.org.uk">www.youngminds.org.uk</a></li> <li>• <a href="http://www.mind.org.uk">www.mind.org.uk</a></li> <li>• <a href="http://www.samaritans.org">www.samaritans.org</a></li> </ul>	<ul style="list-style-type: none"> <li>• Stop think breathe</li> <li>• eCBT Mood</li> <li>• What's up</li> <li>• In Hand</li> <li>• Pacifica</li> </ul>
<b>SELF HARM</b>	
<ul style="list-style-type: none"> <li>• <a href="https://www.nhs.uk/conditions/self-harm/">https://www.nhs.uk/conditions/self-harm/</a></li> <li>• <a href="http://www.mind.org.uk">www.mind.org.uk</a></li> <li>• <a href="http://www.rethink.org">www.rethink.org</a></li> <li>• <a href="#">Parents Guide To Support - Self-harm</a></li> <li>• <a href="https://youngminds.org.uk/find-help/feelings-and-symptoms/self-harm/">https://youngminds.org.uk/find-help/feelings-and-symptoms/self-harm/</a></li> </ul>	<ul style="list-style-type: none"> <li>• Calm Harm</li> <li>• Mindfulness</li> <li>• Stop think Breathe</li> <li>• Calm</li> </ul>
<b>SELF ESTEEM</b>	
<ul style="list-style-type: none"> <li>• <a href="https://www.mind.org.uk/media/715750/how-to-increase-your-self-esteem-2013.pdf">https://www.mind.org.uk/media/715750/how-to-increase-your-self-esteem-2013.pdf</a></li> <li>• <a href="https://www.mind.org.uk/information-support/types-of-mental-health-problems/self-esteem/#.Xeo1XG52sb5">https://www.mind.org.uk/information-support/types-of-mental-health-problems/self-esteem/#.Xeo1XG52sb5</a></li> </ul>	<ul style="list-style-type: none"> <li>• Happy healthy</li> <li>• Smiling mind</li> <li>• I am</li> </ul>
<b>RESILIENCE</b>	
<ul style="list-style-type: none"> <li>• <a href="https://shop.childrenssociety.org.uk/five-ways-to-well-being-postcards.html">https://shop.childrenssociety.org.uk/five-ways-to-well-being-postcards.html</a></li> <li>• <a href="https://www.rcpsych.ac.uk/mental-health/parents-and-young-people/young-people/u-can-cope!-how-to-cope-when-life-is-difficult-for-young-people">https://www.rcpsych.ac.uk/mental-health/parents-and-young-people/young-people/u-can-cope!-how-to-cope-when-life-is-difficult-for-young-people</a></li> <li>• <a href="http://www.boingboing.org.uk">www.boingboing.org.uk</a></li> </ul>	<ul style="list-style-type: none"> <li>• Super better</li> <li>• Smiling mind</li> <li>• Happy Healthy</li> </ul>
<b>COUNSELLING</b>	
<ul style="list-style-type: none"> <li>• <a href="http://www.kooth.com">www.kooth.com</a></li> <li>• <a href="http://www.someonecares.org.uk">www.someonecares.org.uk</a></li> <li>• <a href="http://www.moodjuice.scot.nhs.uk/">http://www.moodjuice.scot.nhs.uk/</a> (Click on 'professionals area' to access information)</li> <li>• <a href="http://www.streetwisenorth.org.uk">www.streetwisenorth.org.uk</a></li> </ul>	
<b>STRESS/EXAM STRESS</b>	
<ul style="list-style-type: none"> <li>• <a href="http://www.moodjuice.scot.nhs.uk/">http://www.moodjuice.scot.nhs.uk/</a> (Click on 'professionals area' to access information)</li> <li>• <a href="http://www.kooth.com">www.kooth.com</a></li> <li>• <a href="http://www.youngminds.org.uk/">http://www.youngminds.org.uk/</a></li> <li>• <a href="https://www.nhs.uk/conditions/stress-anxiety-depression/coping-with-exam-stress/">https://www.nhs.uk/conditions/stress-anxiety-depression/coping-with-exam-stress/</a></li> </ul>	<ul style="list-style-type: none"> <li>• Stop think breathe</li> <li>• Calm</li> <li>• Here and now</li> <li>• My SQA</li> <li>• BBC bitesize revision</li> </ul>

<ul style="list-style-type: none"> <li>• <a href="https://www.bbc.co.uk/bitesize/articles/zsvqghv">https://www.bbc.co.uk/bitesize/articles/zsvqghv</a></li> <li>• <a href="https://www.samaritans.org/how-we-can-help/schools/deal/deal-resources/coping-strategies/exam-stress-coping-strategies/">https://www.samaritans.org/how-we-can-help/schools/deal/deal-resources/coping-strategies/exam-stress-coping-strategies/</a></li> </ul>	
<b>ANGER</b>	
<ul style="list-style-type: none"> <li>• <a href="http://www.wales.nhs.uk/sitesplus/documents/866/PIU829%284%29%28ABUHB%29%28Active%29%28DEC%2018%29.pdf">http://www.wales.nhs.uk/sitesplus/documents/866/PIU829%284%29%28ABUHB%29%28Active%29%28DEC%2018%29.pdf</a> A psychological guide for professionals about anger in childhood</li> <li>• <a href="http://www.moodjuice.scot.nhs.uk/">http://www.moodjuice.scot.nhs.uk/</a> (Click on 'professionals area' to access information)</li> <li>• <a href="http://www.youngminds.org.uk/">http://www.youngminds.org.uk/</a></li> <li>• <a href="http://www.mind.org.uk/">http://www.mind.org.uk/</a></li> </ul>	<ul style="list-style-type: none"> <li>• Breathe kids</li> <li>• Stop think breathe</li> <li>• Emotions manager</li> <li>• Calm</li> </ul>
<b>RELATIONSHIPS</b>	
<ul style="list-style-type: none"> <li>• <a href="http://www.womensaid.org.uk">www.womensaid.org.uk</a></li> <li>• <a href="https://www.childline.org.uk/info-advice/friends-relationships-sex/sex-relationships/healthy-unhealthy-relationships/">https://www.childline.org.uk/info-advice/friends-relationships-sex/sex-relationships/healthy-unhealthy-relationships/</a></li> <li>• <a href="https://www.mentalhealth.org.uk/blog/why-relationships-are-so-important-children-and-young-people">https://www.mentalhealth.org.uk/blog/why-relationships-are-so-important-children-and-young-people</a></li> <li>• <a href="https://www.childrenssociety.org.uk/what-we-do/resources-and-publications/friendship-for-all">https://www.childrenssociety.org.uk/what-we-do/resources-and-publications/friendship-for-all</a></li> </ul>	<ul style="list-style-type: none"> <li>• Well mind</li> <li>• Calm</li> <li>• Stop think Breathe</li> <li>• Wud U</li> </ul>
<b>BEREAVMENT</b>	
<ul style="list-style-type: none"> <li>• <a href="https://www.winstonswish.org/supporting-you/supporting-a-bereaved-child">https://www.winstonswish.org/supporting-you/supporting-a-bereaved-child</a></li> <li>• <a href="https://www.childbereavementuk.org/">https://www.childbereavementuk.org/</a></li> <li>• <a href="http://www.cruse.org.uk">www.cruse.org.uk</a></li> </ul>	<ul style="list-style-type: none"> <li>• Apart of me</li> <li>• Butterfly app</li> </ul>
<b>DRUGS AND ALCOHOL</b>	
<ul style="list-style-type: none"> <li>• <a href="https://www.talktofrank.com/">https://www.talktofrank.com/</a></li> <li>• <a href="https://youngminds.org.uk/find-help/looking-after-yourself/drugs-and-alcohol/#drugs,-alcohol-and-you">https://youngminds.org.uk/find-help/looking-after-yourself/drugs-and-alcohol/#drugs,-alcohol-and-you</a></li> <li>• <a href="https://alcoholeducationtrust.org/teacher-area/units-and-guidelines/">https://alcoholeducationtrust.org/teacher-area/units-and-guidelines/</a></li> <li>• <a href="https://alcoholeducationtrust.org/teacher-area/staying-safe-avoiding-risk-taking/staying-safe-information-sheets/">https://alcoholeducationtrust.org/teacher-area/staying-safe-avoiding-risk-taking/staying-safe-information-sheets/</a></li> <li>• <a href="https://www.rcpsych.ac.uk/mental-health/parents-and-young-people/young-people/drugs-and-alcohol-for-young-people">https://www.rcpsych.ac.uk/mental-health/parents-and-young-people/young-people/drugs-and-alcohol-for-young-people</a></li> </ul>	<ul style="list-style-type: none"> <li>• Drinkaware</li> <li>• Drink Less</li> </ul>
<b>HEALTHY EATING</b>	
<ul style="list-style-type: none"> <li>• <a href="https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/">https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/</a></li> <li>• <a href="https://www.nhs.uk/live-well/eat-well/eight-tips-for-healthy-eating/">https://www.nhs.uk/live-well/eat-well/eight-tips-for-healthy-eating/</a></li> <li>• <a href="https://www.beateatingdisorders.org.uk/recovery-information/worried-about-pupil">https://www.beateatingdisorders.org.uk/recovery-information/worried-about-pupil</a></li> <li>• <a href="https://www.childfeedingguide.co.uk/">https://www.childfeedingguide.co.uk/</a></li> <li>• <a href="http://www.foodactive.org.uk/wp-content/uploads/2016/07/GULP-3-Energy-Drinks-v2.pdf">http://www.foodactive.org.uk/wp-content/uploads/2016/07/GULP-3-Energy-Drinks-v2.pdf</a></li> <li>• <a href="https://www.nhs.uk/news/pregnancy-and-child/energy-drinks-not-good-for-children/">https://www.nhs.uk/news/pregnancy-and-child/energy-drinks-not-good-for-children/</a></li> </ul>	<ul style="list-style-type: none"> <li>• Change4life</li> <li>• Myfitnesspal</li> <li>• Strava</li> <li>• Couchto5K</li> </ul>

<ul style="list-style-type: none"> <li>• <a href="http://www.change4life.co.uk">www.change4life.co.uk</a></li> </ul>	
<b>EATING DISORDERS</b>	
<ul style="list-style-type: none"> <li>• <a href="http://www.kidshealth.org">www.kidshealth.org</a></li> <li>• <a href="http://www.nhs.uk">www.nhs.uk</a></li> <li>• <a href="http://www.beateatingdisorders.org.uk">www.beateatingdisorders.org.uk</a></li> <li>• <a href="http://www.niwe.org.uk">www.niwe.org.uk</a></li> </ul>	<ul style="list-style-type: none"> <li>• Rise up and recover</li> <li>• Calm Harm</li> </ul>
<b>SEXUAL HEALTH</b>	
<ul style="list-style-type: none"> <li>• <a href="https://www.pshe-association.org.uk/curriculum-and-resources/resources/disrespect-nobody">https://www.pshe-association.org.uk/curriculum-and-resources/resources/disrespect-nobody</a></li> <li>• <a href="http://www.fpa.org.uk/sites/default/files/consent-giving-getting-respecting-leaflet.pdf">http://www.fpa.org.uk/sites/default/files/consent-giving-getting-respecting-leaflet.pdf</a></li> <li>• <a href="https://www.nhs.uk/live-well/sexual-health/protect-yourself-from-unwanted-pregnancy-stis/">https://www.nhs.uk/live-well/sexual-health/protect-yourself-from-unwanted-pregnancy-stis/</a></li> <li>• <a href="https://www.childline.org.uk/info-advice/friends-relationships-sex/sex-relationships/pregnancy/">https://www.childline.org.uk/info-advice/friends-relationships-sex/sex-relationships/pregnancy/</a></li> <li>• <a href="https://www.nhs.uk/live-well/sexual-health/getting-contraception/">https://www.nhs.uk/live-well/sexual-health/getting-contraception/</a></li> <li>• <a href="https://www.childline.org.uk/info-advice/friends-relationships-sex/sex-relationships/contraception-safe-sex/">https://www.childline.org.uk/info-advice/friends-relationships-sex/sex-relationships/contraception-safe-sex/</a></li> <li>• <a href="https://www.sexwise.fpa.org.uk">https://www.sexwise.fpa.org.uk</a></li> <li>• <a href="https://www.northumbria.nhs.uk/our-locations/one-to-one-centre-shiremoor/">https://www.northumbria.nhs.uk/our-locations/one-to-one-centre-shiremoor/</a></li> <li>• <a href="https://www.nhs.uk/live-well/sexual-health/getting-contraception/">https://www.nhs.uk/live-well/sexual-health/getting-contraception/</a></li> <li>• <a href="https://www.nhs.uk/conditions/sexually-transmitted-infections-stis/">https://www.nhs.uk/conditions/sexually-transmitted-infections-stis/</a></li> <li>• <a href="https://www.sexwise.fpa.org.uk/resources">https://www.sexwise.fpa.org.uk/resources</a></li> <li>• <a href="http://www.fpa.org.uk/sites/default/files/abortion-knowing-the-facts.pdf">http://www.fpa.org.uk/sites/default/files/abortion-knowing-the-facts.pdf</a></li> </ul>	<ul style="list-style-type: none"> <li>• Period tracker</li> <li>• Easy period</li> <li>• myPill</li> </ul>
<b>SEXUAL EXPLOITATION/SEXTING</b>	
<ul style="list-style-type: none"> <li>• <a href="https://www.barnardos.org.uk/what-we-do/protecting-children/cse">https://www.barnardos.org.uk/what-we-do/protecting-children/cse</a></li> <li>• <a href="https://paceuk.info/">https://paceuk.info/</a></li> <li>• <a href="https://cchp.nhs.uk/sites/default/files/attachments/Spot%20the%20Signs.pdf">https://cchp.nhs.uk/sites/default/files/attachments/Spot%20the%20Signs.pdf</a></li> <li>• <a href="https://www.westsussexscp.org.uk/wp-content/uploads/Guidance-on-Sexting-for-Schools.pdf">https://www.westsussexscp.org.uk/wp-content/uploads/Guidance-on-Sexting-for-Schools.pdf</a></li> <li>• <a href="https://www.icmec.org/wp-content/uploads/2017/02/Sexting-in-Schools-UKCCIS.pdf">https://www.icmec.org/wp-content/uploads/2017/02/Sexting-in-Schools-UKCCIS.pdf</a></li> <li>• <a href="https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/sexting/">https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/sexting/</a></li> </ul>	<ul style="list-style-type: none"> <li>• Wud U</li> </ul>
<b>GAMING/SOCIAL MEDIA</b>	
<ul style="list-style-type: none"> <li>• <a href="https://www.childrenscommissioner.gov.uk/wp-content/uploads/2019/10/CCO-Gaming-the-System-2019.pdf">https://www.childrenscommissioner.gov.uk/wp-content/uploads/2019/10/CCO-Gaming-the-System-2019.pdf</a></li> <li>• <a href="https://childmind.org/downloads/Childrens_Mental_Health_Report_2019_Summary.pdf">https://childmind.org/downloads/Childrens_Mental_Health_Report_2019_Summary.pdf</a></li> <li>• <a href="https://childmind.org/downloads/Childrens_Mental_Health_Report_2019_Parents.pdf">https://childmind.org/downloads/Childrens_Mental_Health_Report_2019_Parents.pdf</a></li> <li>• <a href="https://childmind.org/downloads/Childrens_Mental_Health_Report_2019_Teen.pdf">https://childmind.org/downloads/Childrens_Mental_Health_Report_2019_Teen.pdf</a></li> </ul>	<ul style="list-style-type: none"> <li>• Parental control-screen time</li> <li>• Parent control app</li> <li>• Circle Parental controls</li> </ul>

SMOKING	
<ul style="list-style-type: none"> <li>• <a href="https://ash.org.uk/wp-content/uploads/2019/09/190913-ASH-Factsheet_Youth-Smoking.pdf">https://ash.org.uk/wp-content/uploads/2019/09/190913-ASH-Factsheet_Youth-Smoking.pdf</a></li> <li>• <a href="https://www.smarterthansmoking.org.au/tobacco-resources/">https://www.smarterthansmoking.org.au/tobacco-resources/</a></li> <li>• <a href="https://campaignresources.phe.gov.uk/schools/resources/smoking-lesson-plan-pack">https://campaignresources.phe.gov.uk/schools/resources/smoking-lesson-plan-pack</a></li> <li>• <a href="https://www.relate.org.uk/relationship-help/help-family-life-and-parenting/parenting-teenagers/alcohol-and-drugs/help-your-teenager-quit-smoking">https://www.relate.org.uk/relationship-help/help-family-life-and-parenting/parenting-teenagers/alcohol-and-drugs/help-your-teenager-quit-smoking</a></li> <li>• <a href="https://teen.smokefree.gov/">https://teen.smokefree.gov/</a></li> </ul>	<ul style="list-style-type: none"> <li>• Smokefree</li> <li>• Smoke free</li> </ul>
KEEPING ACTIVE	
<ul style="list-style-type: none"> <li>• <a href="https://www.activenorthtyneside.org.uk/teen-gym/">https://www.activenorthtyneside.org.uk/teen-gym/</a></li> <li>• <a href="https://www.activenorthtyneside.org.uk/no-limits-activities/">https://www.activenorthtyneside.org.uk/no-limits-activities/</a></li> <li>• <a href="http://www.activenorthtyneside.org.uk/wp-content/uploads/2016/03/5-18yrs-Physical-Activity.pdf">http://www.activenorthtyneside.org.uk/wp-content/uploads/2016/03/5-18yrs-Physical-Activity.pdf</a></li> <li>• <a href="https://www.nhs.uk/change4life/activities/sports-and-activities">https://www.nhs.uk/change4life/activities/sports-and-activities</a></li> <li>• <a href="https://www.nhs.uk/live-well/exercise/physical-activity-guidelines-children-and-young-people/">https://www.nhs.uk/live-well/exercise/physical-activity-guidelines-children-and-young-people/</a></li> </ul>	<ul style="list-style-type: none"> <li>• My fitness pal</li> <li>• Active kids</li> <li>• Change4life</li> </ul>
GENERAL HEALTH AND WELLBEING	
<ul style="list-style-type: none"> <li>• <a href="http://www.nhs.co.uk">www.nhs.co.uk</a></li> <li>• <a href="http://www.mind.org.uk">www.mind.org.uk</a></li> <li>• <a href="http://www.mentalhealth.org.uk">www.mentalhealth.org.uk</a></li> </ul>	<ul style="list-style-type: none"> <li>• Brethe2relax</li> <li>• Smiling Mind</li> <li>• Mindfulness daily</li> <li>• Headspace</li> <li>• Wellmind</li> <li>• Zen Studio</li> <li>• Here Mindfullness</li> <li>• Mindshift</li> <li>• Virtual hope</li> <li>• Super better</li> </ul>
SLEEP	
<ul style="list-style-type: none"> <li>• <a href="https://sleepcouncil.org.uk/advice-support/sleep-advice/sleep-hygiene/">https://sleepcouncil.org.uk/advice-support/sleep-advice/sleep-hygiene/</a></li> <li>• <a href="https://youngminds.org.uk/find-help/feelings-and-symptoms/sleep-problems/?gclid=EAIaIQobChMI87WJw8_E6AIVhfdRCh0WYA2_EAAYAiAAEgKdp_D_BwE">https://youngminds.org.uk/find-help/feelings-and-symptoms/sleep-problems/?gclid=EAIaIQobChMI87WJw8_E6AIVhfdRCh0WYA2_EAAYAiAAEgKdp_D_BwE</a></li> <li>• <a href="https://www.nhs.uk/live-well/sleep-and-tiredness/sleep-tips-for-teenagers/">https://www.nhs.uk/live-well/sleep-and-tiredness/sleep-tips-for-teenagers/</a></li> </ul>	<ul style="list-style-type: none"> <li>• Calm – Meditation and Sleep</li> <li>• Slumber</li> <li>• Sleepiest: Sleep with sounds</li> <li>• Headspace</li> <li>• Relax Melodies</li> <li>• Moshi Twilight Sleep Stories</li> </ul>
BEHAVIOUR	
<ul style="list-style-type: none"> <li>• <a href="http://www.inourplace.co.uk">www.inourplace.co.uk</a> Solihull (Passcode: QUADRANT) Click Start Now and enter code.</li> <li>• <a href="https://www.familylives.org.uk/advice/primary/behaviour/challenging-behaviour/">https://www.familylives.org.uk/advice/primary/behaviour/challenging-behaviour/</a></li> <li>• <a href="https://kidshealth.org/">https://kidshealth.org/</a></li> <li>• <a href="https://learning.nspcc.org.uk/research-resources/leaflets/positive-parenting/">https://learning.nspcc.org.uk/research-resources/leaflets/positive-parenting/</a></li> <li>• <a href="https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/">https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/</a></li> </ul>	