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## Useful Links

**Childline:** [www.childline.org.uk](http://www.childline.org.uk) (A listening ear for whatever is on your mind)

**Samaritans:** [www.samaritans.org](http://www.samaritans.org) (A listening ear, 24 hours a day, 365 days per year)

**Kooth:** <https://kooth.com> (Free, safe and anonymous online support for young people)

**CEOP:** [www.ceop.police.uk](http://www.ceop.police.uk) (Child protection and online safety)

**Internet Matters:** [www.internetmatters.org](http://www.internetmatters.org) (Online safety)

**UK Safer Internet Centre:** [www.saferinternet.org.uk](http://www.saferinternet.org.uk) (Online safety)

**FRANK:** [www.talktofrank.com](http://www.talktofrank.com) (Confidential drugs advice)

**Doorway:** [www.doorway.org.uk](http://www.doorway.org.uk) (Housing support and advice for young people in Warwickshire)

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## Useful Numbers

**Childline:** 0800 1111 (A listening ear for whatever is on your mind)

**Samaritans:** 116 123 (A listening ear, 24 hours a day, 365 days per year)

**FRANK:** 0300 123 6600 (Confidential drugs advice)

**Doorway:** 02476 345 583 (Housing support and advice for young people in Warwickshire)

**Stonham Housing:** 01455 618001 (Housing support and advice in Leicestershire)

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## Mental Health Information

### Post-16 Mental Health: useful sources of information

<https://youngminds.org.uk/>

*The voice for young people's mental health & well-being*

<http://www.mind.org.uk/>

*Mental Health Charity – A-Z of mental health*

<https://www.anxietyuk.org.uk/>

*Most anxiety-related issues covered in detail*

<http://www.moodjuice.scot.nhs.uk/anxiety.asp>

*This website also offers information on anxiety, depression, suicide, psychosis & many other conditions*

<https://www.nopanic.org.uk/>

*General information on anxiety and details of youth helpline*

<https://www.time-to-change.org.uk/>

*General resources and personal stories about Mental Health*

<http://www.stem4.org.uk/>

*Information about most Mental Health conditions - aimed at young people and teachers*

<https://www.mentalhealth.org.uk/publications>

*Booklets on many Mental Health conditions*

<https://www.papyrus-uk.org/>

*Young people & Suicide*

<http://studentsagainstdepression.org/>  
*Issues around depression*

<https://www.mentalhealth.org.uk/a-to-z>  
*A-Z of key Mental Health issues & conditions*

<http://www.nhw.nhs.uk/pic/selfhelp/>  
*NHS self-help booklets*

### **Exam Stress**

<http://www.studentminds.org.uk/exam-stress.html>

<https://www.childline.org.uk/info-advice/school-college-and-work/school-college/exam-stress/>

<https://www.thestudentroom.co.uk/content.php?r=16171-dealing-with-exam-stress>

<https://www.mind.org.uk/information-support/your-stories/14-ways-to-beat-exam-stress/#.WQnc-WddHcs>

<http://theconversation.com/how-to-overcome-exam-anxiety-67445>

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