

















Ormiston Latimer Academy Wellbeing - help and resources

ChatHealth		An online text service for support with mental health
YMCA		Local counselling service for young people
YoungMinds		A text service provided by Young Minds, there are also a range of resources on their website which can be used to support young people
Anna Freud Centre		National mental health charity working with children and families for support and development
Winston's Wish		A national charity to support young people with bereavement
Boots- Mental Health Support		An online doctor support service for mental health and wellbeing which can be accessed by anyone of any age
MIND		A national charity to support with mental health and wellbeing
Childline		The national helpline for children with a range of resources on the website for parents and carers to also use
Woebot		<p>An artificial intelligence app developed by Stanford University. It uses cognitive behavioural therapy to 'talk' to users and help them develop skills to manage mental health and wellbeing</p> <p>Winner of the 2019 Google play award for standout well-being app!</p>
Stem4		A website with apps which supports users in managing mental health and harmful thoughts. It offers a range of strategies and activities which can support improving mental health and wellbeing.

The Mix		Support for under 25's with a range of topics from mental health to careers
Shout		A free national text service where you can text chat with volunteers to support with mental health issues
Samaritans		National suicide prevention charity which you can call to speak with trained volunteers
NSPCC		National children's charity for the protection and prevention of cruelty to children
Barnardos		National charity working to protect all children and support families
KOOOTH		Kooth offers emotional and mental health support for children and young people aged between 11 and 24. Qualified counsellors are online seven days a week to provide young people using the service with online support