


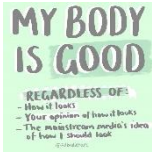





BODY IMAGE



SUPPORT SOURCE	DESCRIPTION
 <p>Support & Advice - The Be Real Campaign Parent Guide</p>	<p>The Be Real campaign has links showing where you can get professional help and advice with low body image, mental health difficulties or exercise.</p>
 <p>The Dove Self-Esteem Project Parenting teens: Dove Self-Esteem Project resources</p>	<p>The Dove Self-Esteem Project aims to help girls build their body confidence. They do this through having a range of resources for adults to use to help their young people towards improved body confidence.</p>
 <p>Body image YoungMinds</p>	<p>Young Minds have a guide for young people (boys and girls) covering what it is, the effects on mental health, what to do, body positivity, how to support a friend, and where to find help.</p> 
 <p>Teen Body Image and Self Esteem: A Practical Guide for Parents (frederm.co.uk)</p>	<p>Frederm have produced a practical for parents that looks at body image issues, advice, how to talk to young people about it, what warning signs there might be, and useful web links.</p>
 <p>Body Image and Self-Esteem - The Mix Get Support - The Mix</p>	<p>The Mix provides essential support for under 25s. In their information section, they have expert advice, true stories and your stories to select from on the topic of body image and self-esteem.</p> <p>The Mix offer a range of support via group chats, discussion boards, helplines, email, Crisis Messenger, One-to-one chat or a telephone counselling services.</p>
 <p>Advice sheet: Body image - Family Lives Email: askus@familylives.org.uk Helpline: 0808 800 2222</p>	<p>Family Lives aim is to support parents support their young people. They produce advice sheets on a range of topics affecting children and teenagers and can be contacted for support via email or their helpline.</p>