







SUPPORT SOURCE	DESCRIPTION
 <p data-bbox="159 341 418 427">Kooth is a free online service offering emotional and mental health support for children and young people</p> <p data-bbox="215 448 358 467">www.kooth.com</p> <p data-bbox="459 320 629 347">Home - Kooth</p>	<p data-bbox="1070 245 2119 384">Kooth is a safe, confidential and anonymous way for young people to access emotional wellbeing and early intervention mental health support. It is commissioned by the NHS, Local Authorities, charities and businesses. Kooth provides support from midday to 10pm during the week, and 6pm to 10pm at weekends</p> <p data-bbox="1070 389 1785 421">Peer to peer support through moderated discussion forums</p> <p data-bbox="1070 426 1637 454">Self-care tools and resources to build resilience</p> <p data-bbox="1070 459 1912 491">There are no waiting lists, referrals or thresholds to access the service.</p>
 <p data-bbox="497 608 1025 636">If you're having a difficult time Samaritans</p> <p data-bbox="497 644 745 671">Telephone: 116 123</p> <p data-bbox="497 679 815 708">Email: jo@samaritans.org</p> <p data-bbox="497 716 925 745">Self help app: Samaritans Self-Help</p>	<p data-bbox="1070 644 2114 708">Samaritans will listen without judgement, pressure and help a person work through any issue that is troubling them.</p>
 <p data-bbox="452 858 1001 959">Get help with stress - NHS (www.nhs.uk) Depression and anxiety self-assessment quiz - NHS (www.nhs.uk)</p>	<p data-bbox="1070 858 2134 997">NHS information page that describes physical and mental symptoms as well as changes in behaviour. The page also suggests a range of things to do, or not to do, when feeling stressed that include stress busters, calming breathing exercises, mental wellbeing audio guides, links to peer support.</p>
 <p data-bbox="519 1147 1025 1283">Coping With Life Mental Health Advice YoungMinds YoungMinds YoungMinds Exam Stress How To Deal with Exam Stress YoungMinds</p> <p data-bbox="109 1291 918 1319">Parents A-Z Guide to Support Mental Health Advice YoungMinds</p> <p data-bbox="109 1327 913 1356">Parents Helpline Mental Health Help for Your Child YoungMinds</p> <p data-bbox="109 1364 638 1393">Parents Helpline Telephone: 0808 802 5544</p> <p data-bbox="109 1401 732 1430">Parents webchat is accessed through the link above.</p>	<p data-bbox="1070 1184 2114 1284">Young Minds offer a range of advice and guidance for young people around times when life gets tough and difficult to cope with. The support focuses on a number of different areas that might be impacting a young person.</p> <p data-bbox="1070 1289 2002 1321">Young Minds also offer guidance to parents who are supporting their children.</p>