



www.youngminds.org.uk

A website full of information about mental health with resources for young people, parents and schools.



www.stem4.org

stem4 is a charity that promotes positive mental health in teenagers and those who support them through the provision of mental health education, resilience strategies and early intervention.



www.kooth.com

A free, anonymous and confidential website where young people can go for help, advice and to talk to a trained counsellor online.



www.childline.org.uk

Childline is there to help anyone under 19 in the UK with any issue they're going through. You can talk about anything. Whether it's something big or small, their trained counsellors are here to support you.



www.mind.org.uk

Information and support for anyone experiencing a mental health condition.



www.eikon.org

Visit our website for more information about help and support available to you.



[@Eikon_Youth_Club](https://www.instagram.com/Eikon_Youth_Club)

You can also follow **The Eikon Charity's Virtual Youth Club** on social media for up-to-date advice on how to look after your mental health and wellbeing!



[@EikonVYC](https://www.facebook.com/EikonVYC)

