



## Support for Students

<https://youngminds.org.uk> Support for young people to improve mental health.

<https://www.nhs.uk/conditions/stress-anxiety-depression/> including assessment quiz with bespoke suggestions to improve mental health.

<http://www.nshn.co.uk/> support around self-harm – parent and young person sections.

<https://www.headstogether.org.uk/> National charity supporting better mental health and wellbeing for young people.

<https://www.nhs.uk/live-well/> support with nutrition and wellbeing.

<https://www.camhs-resources.co.uk/downloads> Links to resources to support wellbeing and improved mental health.

<https://www.samaritans.org/> listening service 24/7.

<https://www.wellwomenwakefield.org.uk/about-us/> holistic, non-medical approach to women's health and well-being. 16+

<https://talking.turning-point.co.uk/wakefield/> Talking therapies support for anxiety, depression, mindfulness, sleep, addiction. 16+

<https://www.nhs.uk/conditions/stress-anxiety-depression/improve-mental-wellbeing/> 5 steps to better wellbeing.

<https://www.childline.org.uk/toolbox/calm-zone/> Ideas and support on how to improve your wellbeing.

<https://www.princes-trust.org.uk/> Support young people in all sorts of ways including improving mental health.

[Kooth.com](https://www.kooth.com) Online mental wellbeing community for young people.

<https://www.talktofrank.com/> Support and information for young people about drugs.