

Wellbeing Resources

*To access resources hold down the **Ctrl** button and click the hyperlinks*



Useful Contacts & Online Services

[CCS Children's Services Duty Line](#): 0300 029 5050

→ [ChatHealth \(Parents & Carers\)](#): 07520 649 887

→ [ChatHealth \(ages 11-19\)](#): 07480 635 443

[First Response Service \(Mental Health Crisis\)](#): 111, Opt. 2

[YoungMinds Crisis Messenger \(Young People\)](#): 85258

→ [YoungMinds Parents Helpline](#): 0808 802 5544

[Kooth \(Young Peoples Online Messaging Service\)](#)

[Keep Your Head - Young People](#) or [Adults](#)

[Stop, Breathe & Think App](#)

[Centre33 \(Fullscope\)](#): 0333 4141809 / Text: 07514 783745

[Headspace App](#)

[Samaritans](#): 116 123

[Men's Health Forum](#)

[CalmHarm App](#)

[Anna Freud - On My Mind](#)

[Cosmic Kids - Yoga](#)

[Healious: Think Ninja App](#)

[Fablefy - The Whole Child: Relaxation and Meditation](#)

[DownDog Yoga & Fitness](#)

[ChildLine](#): 0800 1111

[Calm App](#)

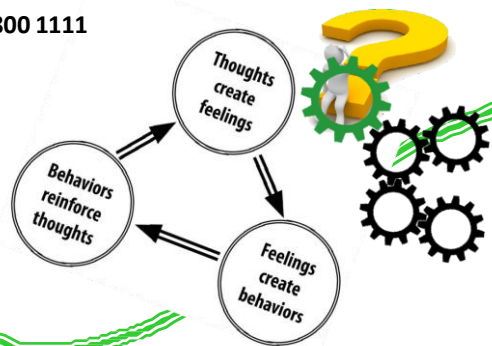
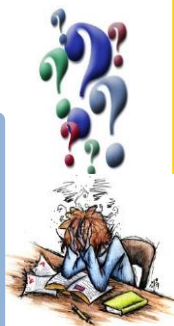
[Youthoria](#)

[Family Lives](#)



Wellbeing

Young People's Support



Managing Mental Health

[Anna Freud Centre - We All Have Mental Health](#) and [Supporting Young People](#)

[Explaining Anxiety \(Fight/Flight/Freeze\) - Teenagers](#) or [Children](#)

[4-7-8 Breathing Exercise](#) and [Progressive Muscle Relaxation](#)

[3 Minute Body Scan Meditation](#) and [Mountain Meditation](#)

[Mental Health - Break the Stigma](#)

[ChildLine - How to Cope with Anxiety](#)

[NHS - Every Mind Matters](#)



Mind Full, or Mindful?



Health & Home



[Hand Washing](#) and [How Germs Spread](#)

[Sensory Integration - Handwashing](#)

[How to Wash Hands](#)

[CarersUK - Info for Carers and Young Carers](#)

