

Digital Wellbeing for 11-16



<https://youngminds.org.uk/> - General Support

<https://www.nspcc.org.uk/> - Young People's Support

<https://www.childline.org.uk/> - Young People's Support

<https://www.bbc.co.uk/bitesize> - School Work

<https://www.mind.org.uk/information-support/for-children-and-young-people/> - Mental Health Support

<https://www.griefencounter.org.uk/> - Bereavement advice

<https://www.kooth.com/> - Mental Health Support

<https://www.anxietyuk.org.uk/> - Mental Health Support

<https://www.annafreud.org/on-my-mind/receiving-support/> - Services advice for young people

<https://www.actiononaddiction.org.uk/news/latest-news/children-of-addicted-parents> - Children of Parents Dependant on Substances

<https://www.info-nation.org.uk/> General info for young people

<https://www.relate.org.uk/cymru/children-and-young-peoples-counselling> - Young People's Counselling Services

<http://www.ymca.org.uk/> - Housing Support

<https://www.youtube.com/watch?v=UkPfe2LpF20> – Energy Drinks

<http://www.vivalgbt.co.uk/> - LGBTQ+

<https://youngminds.org.uk/find-help/feelings-and-symptoms/bullying/> - Bullying Support

<https://giveusashout.org/> - Mental Health Text Service

<https://www.calm.com/> - Mental health app