



Useful links:

- <https://www.nhs.uk/mental-health/children-and-young-adults/>
Find advice and support about mental health for children, teenagers, students and parents.
- <https://hubofhope.co.uk/>
A website (or downloadable app) which allows you to add your postcode to find appropriate services available in the local area. You can also search for specific areas of concern.
- Moodpath (app)
A written mood journal that uses progress reports and health assessments for reflection and guidance on how to improve wellbeing. The app also uses written and audio exercises to help with anxiety and depression.
- Headspace (app)
Headspace is your lifelong guide to better mental health. Through evidence-based meditation and mindfulness tools, sleep resources, mental health coaching, and more, Headspace helps you create life-changing habits to support your mental health and find a healthier, happier you.