



# Changing Lives Learning Trust

RESPECT · RESILIENCE · ACHIEVEMENT · OPPORTUNITY

DIRECTORY OF ORGANISATIONS SUPPORTING  
SCHOOLS WITH PUPIL MENTAL HEALTH AND  
WELLBEING.

Directory of organisations that support schools to promote pupil wellbeing and mental health. There are a wide range of organisations with resources and support available to promote young people's emotional health and wellbeing. This list is not exhaustive and many other useful organisations and services exist. All of the links listed below were correct at the time of publication.

We have sorted the organisations under the following headings:

- Anti-Bullying
- Bereavement
- Domestic Violence and Abuse
- Drug and Alcohol Education
- Female Genital Mutilation
- Helplines
- Mental Health
- Mindfulness
- Philosophy
- Resources to support young people with learning disabilities, physical disabilities and chronic illness
- Safety
- Spirituality
- Sex and Relationships Education (SRE)
- Sustainability and Environment
- The Arts
- Wellbeing and Resilience

## Anti Bullying

**Anti-bullying Alliance** - [www.anti-bullyingalliance.org.uk](http://www.anti-bullyingalliance.org.uk) A coalition of organisations and individuals working together to stop bullying and create safe learning environments in which children and young people can live, grow, play and learn.

**BullyingUK** - [www.bullying.co.uk](http://www.bullying.co.uk)  
Lots of information and resources on bullying.

**ChildNet International** <http://www.childnet.com/>  
Specialist resources for young people to raise awareness of online safety and how to protect themselves.

**Digizen** - <http://www.digizen.org>  
Provides online safety information for educators, parents, carers and young people.

**Kidscape** - [www.kidscape.org.uk](http://www.kidscape.org.uk)  
Kidscape is a UK charity established to prevent bullying and child sex abuse. A number of resources, including posters, information booklets and research on the long-term effects on bullying are available to download.

**Think U Know** - <https://www.thinkuknow.co.uk>  
Resources provided by Child Exploitation and Online Protection (CEOP) for children and young people, parents, carers and teachers. May 201

**UK Safer Internet Centre** - <http://www.saferinternet.org.uk>  
Website with information and resources relating to e-safety and cyberbullying. Information and resources for Safer Internet Day. Helpline operated by the UK Safer Internet Centre offering professionals who work with children across the UK support, advice and mediation with online safety issues.

## Bereavement

**Child Bereavement UK** - [www.childbereavement.org.uk](http://www.childbereavement.org.uk)  
Child Bereavement UK believes that all families should have access to the support and information they need when a child grieves or when a child dies. Through understanding their grieving process and receiving help in dealing with bereavement from appropriately trained professionals, families can learn to live with their grief and begin rebuilding their lives.

**Childhood Bereavement Network** - [www.childhoodbereavementnetwork.org.uk](http://www.childhoodbereavementnetwork.org.uk)  
The Childhood Bereavement Network is a national federation of organisations offering support and information to bereaved children. Their website includes a section for teachers on how to support children after experiencing a death, including some resources available to purchase.

**Cruse Bereavement Care** - [www.cruse.org.uk](http://www.cruse.org.uk)  
Cruse is a national organisation dedicated to offering support to bereavement families, adults and children. Their comprehensive website provides detailed information bereavement, downloadable booklets and information leaflets. Cruse also publishes the international Bereavement Care Journal.

**Grief Encounter** - [www.griefencounter.org.uk](http://www.griefencounter.org.uk)

This website contains lots of helpful online resources for bereaved children and young people, including dedicated 'kid zones' and 'teen zones'.

**Hope Again** - <http://hopeagain.org.uk/>

Hope Again is Cruse Bereavement Care's website for young people.

**Winston's Wish** - [www.winstonswish.org.uk](http://www.winstonswish.org.uk)

Winston's Wish is the leading childhood bereavement charity in the UK. Its website has a dedicated section for schools, providing comprehensive information and resources in supporting bereavement in schools, including reading materials and guidance on how to develop a school bereavement policy

## Domestic Violence and Abuse

**Kidscape** - [www.kidscape.org.uk/](http://www.kidscape.org.uk/)

Kidscape is committed to keeping children safe from abuse. Kidscape is the first charity in the UK established specifically to prevent bullying and child sexual abuse. Kidscape believes that protecting children from harm is key. Kidscape works UK-wide to provide individuals and organisations with practical skills and resources necessary to keep children safe from harm. Kidscape staff and trainers equip vulnerable children with practical non-threatening knowledge and skills in how to keep themselves safe and reduce the likelihood of future harm. Kidscape works with children and young people under the age of 16, their parents/carers, and those who work with them.

**The Hideout** - [www.thehideout.org.uk](http://www.thehideout.org.uk)

"Women's Aid have created this space to help children and young people to understand domestic abuse, and how to take positive action if it's happening to you."

**Women's Aid** - <http://www.womensaid.org.uk>

Women's Aid is the national domestic violence charity that works to end violence against women and children and supports domestic and sexual violence services across the country. They provide services to support abused women and children such as the free 24hour National Domestic Violence Helpline and The HideOut, a website to help children and young people.

**Victim Support** - [www.victimsupport.org.uk/are-you-ok](http://www.victimsupport.org.uk/are-you-ok)

Victim Support has produced an Education Resource Pack: Key Stage 2 Personal Safety (including bullying, healthy relationships, street crime and hate crimes)

## Drug and Alcohol Education

**Alcohol Education Trust** - <http://www.alcholeducationtrust.org>

Educational materials, lesson plans and resources for parents to help young people build resilience skills, know how to avoid risky situations and learn how to look after themselves and each other.

**Talk about alcohol programme** - [www.talkaboutalcohol.com](http://www.talkaboutalcohol.com)

This fully evaluated and PSHE Association accredited early intervention education programme from the Alcohol Education Trust is for 11- 18 year olds, and focuses on what pupils can do to be healthy and stay safe. Using 'bottom up' activities pupils categorise risk, act out 'real life' scenarios and engage in decision-making games to build knowledge, confidence, resilience and life skills. A 100 page teacher workbook, fully supported on line and with email and phone support can be ordered free of charge. In house training can be provided in proved techniques and in supporting pupils in a discreet and appropriate manner.

## FGM

**Forward UK** - [www.forwarduk.org.uk](http://www.forwarduk.org.uk)

FORWARD's Schools Programme offers age-appropriate and culturally sensitive awareness sessions for school children from year 7 up to university age, and Prevention and Safeguarding training for staff. They can provide youth friendly resources, one-to-one support and outreach. Forward's work in schools is designed not only to raise awareness, but to empower young people, frontline staff and communities to engage with the issue of FGM effectively and with confidence.

## Helplines

**Childline** - <https://www.childline.org.uk/Pages/Home.aspx>

A confidential service, provided by the NSPCC, offering free support for children and young people up to the age of nineteen on a wide variety of problems. Helpline number: 0800 1111.

**Contact a family** - <http://www.cafamily.org.uk>

Free helpline for parents and carers of disabled children that have concerns about bullying. Helpline Number: 0808 808 3355.

**EACH: (Educational Action Challenging Homophobia)** - <http://www.each.education>

Provides a national freephone Actionline for targets of homophobic or transphobic bullying, and training to schools on sexual orientation, gender identity matters and cyberhomophobia. Helpline Number: 0808 1000 143

**Get connected** - [www.getconnected.org.uk/](http://www.getconnected.org.uk/)

A free, confidential helpline service for young people under 25, who need help, but don't know where to turn. Helpline number: 0808 808 4994

**Hope Again** - <http://hopeagain.org.uk/>

Hope Again is Cruse Bereavement Care's website for young people. Free phone Helpline number: 0808 808 1677. National Helpline Number: 0844 477 9400. Email: [helpline@cruse.org.uk](mailto:helpline@cruse.org.uk).

**Family Lives** - <http://www.familylives.org.uk>

24 hour helpline for parents and carers that have concerns about bullying. They also have an email facility. Helpline Number: 0808 800 2222.

**iRelate** - <http://www.irelate.org.uk>

Live Chat service, post a question service with trained counsellors, plus lots of information to read watch and listen to on all kinds of relationship problems.

**Mind Infoline** - <http://www.mind.org.uk/information-support/guides-to-support-and-services/children-and-young-people/>

Mindinfoline can provide information on a wide range of mental health topics. Helpline number: 0300 123 3393.

**Muslim Youth Helpline** – <http://www.myh.org.uk>

Provides pioneering faith and culturally sensitive services to Muslim youth in the UK. Free and confidential emotional support service available nationally via telephone and email. Helpline Number: 0808 808 2008.

**National Stalking Helpline** – <http://www.stalkinghelpline.org>

Provides guidance and information to anybody who is currently or has previously been affected by harassment or stalking.

**Papyrus** - [www.papyrus-uk.org/](http://www.papyrus-uk.org/)

A charity that aims to prevent young suicides. It has a helpline for young people at risk of suicide or for people worried about a young person at risk of suicide called HOPELineUK. Helpline number: 0800 068 41 41

**Relate** - <http://www.relate.org.uk/relationship-help/help-children-and-young-people/children-and-young-peoples-counselling>

Children and Young People's Counselling is for any young person who's having problems. Whether it's depression and mental health concerns or issues with parents or people at school. Helpline Number: 0300 100 1234

**Rise Above** - <http://riseabove.org.uk>

Helps 11-16 year olds build emotional resilience by equipping them with knowledge and skills to deal with pressures they may face. It also provides an online platform through which young people can converse with peers alongside professional support

**Runaway Helpline** – <http://www.runawayhelpline.org.uk>

Missing People Charity Helpline for young people.

**Samaritans** - <http://www.samaritans.org.uk>

Provides confidential non-judgemental emotional support, 24 hours a day for people who are experiencing feelings of distress or despair, including those which could lead to suicide. Helpline number: 08457 90 90 90.

**Sane** - [http://www.sane.org.uk/what\\_we\\_do/support/helpline](http://www.sane.org.uk/what_we_do/support/helpline)

SANE runs a national, out of hours mental health helpline offering specialist emotional support and information to anyone affected by mental illness, including family, friends and carers. Open every day from 6pm to 11pm. Helpline number: 0300 304 7000

**YoungMinds Parents' Helpline** - [www.youngminds.org.uk/for\\_parents/parent\\_helpline](http://www.youngminds.org.uk/for_parents/parent_helpline)

A free, confidential helpline for any adult who is concerned about the emotional problems, behaviour or mental health of a child or young person up to the age of 25. Helpline number: 0808 802 5544

**Youth Access** - <http://www.youthaccess.org.uk/find-your-local-service/>

A directory of local youth information, advice and counselling services for young people aged 14-25

**UK Safer Internet Centre** - <http://www.saferinternet.org.uk>

Helpline operated by the UK Safer Internet Centre offering professionals who work with children across the UK support, advice and mediation with online safety issues. The helpline can be contacted by email: [helpline@saferinternet.org.uk](mailto:helpline@saferinternet.org.uk) or telephone on 0844 3814772

## Mental Health

**Anxiety UK** - [www.anxietyuk.org.uk](http://www.anxietyuk.org.uk)

Anxiety UK works to relieve and support those living with anxiety disorders by providing information, support and understanding via an extensive range of services, including 1:1 therapy.

**Beat** – [www.b-eat.co.uk/about-eating-disorders](http://www.b-eat.co.uk/about-eating-disorders)

Beat is the UK's leading charity supporting anyone affected by eating disorders or difficulties with food, weight and shape. Provide information and support, networks and support groups, training and resources.

**Depression Alliance** - [www.depressionalliance.org/information/what-depression](http://www.depressionalliance.org/information/what-depression)

The leading charity in the UK for anyone affected by depression.

**HeadMeds** - <http://www.headmeds.org.uk>

Website developed by the charity YoungMinds providing general information about common medications that may be prescribed for children and young people with diagnosed mental health conditions.

**I gotta feelin'** – [www.ucl.ac.uk/ebpu/docs/publication\\_files/year7\\_help4pupils](http://www.ucl.ac.uk/ebpu/docs/publication_files/year7_help4pupils)

A booklet providing top tips for year 7 students on how to feel good

**Mental Health Foundation** - [www.mentalhealth.org.uk/](http://www.mentalhealth.org.uk/)

Provides useful information about mental health

**MindEd** – <https://www.minded.org.uk>

MindEd provides free e-learning to help adults to identify and understand children and young people with mental health issues. It provides simple, clear guidance on mental health to adults who work with children and young people, to help them support the development of young healthy minds

**National Self-Harm Network** - [www.nshn.co.uk](http://www.nshn.co.uk)

Aims to support individuals who self harm to reduce emotional distress and improve the quality of their life. Support and provides information for family and carers of individuals who self harm. Raises awareness of the needs of people who self harm, dispels myths and combats discrimination.

**Notes to self** - [www.easysre.net/get-resources/notes-to-self](http://www.easysre.net/get-resources/notes-to-self)

A film and mental wellbeing teaching resource for use with young people at key stages 3-5. It helps students get a better understanding of mental health issues and why they should seek help. The film and teaching pack cost £35, but the trailer is freely available online.

**OCD action** - <http://ocdyouth.org>

An online guide on OCD for teachers, parents and young people.

**OCD UK** - [www.ocduk.org/ocd](http://www.ocduk.org/ocd)

A charity that works to increase understanding about Obsessive-Compulsive Disorder and to help reduce the effect of OCD on the lives of those that suffer with the illness.

**On edge: learning about self-harm** - <https://www.seemescotland.org/young-people/working-with-young-people/on-edge/>

A film and lesson plan resource pack for teachers and other professionals working with young people. Developed by NHS Greater Glasgow and Clyde.

**Place2Be** – <http://www.place2be.org.uk>

Place2Be is a charity working in schools providing early intervention mental health support to children aged 4-14 in England, Scotland and Wales. Prevention of young suicide UK –

**PAPYRUS** - [www.papyrus-uk.org](http://www.papyrus-uk.org)

Suicide is leading cause of young deaths in the UK. PAPYRUS exists to give young people hope and to prevent young suicide.

**Relate** – <http://www.relate.org.uk>

Relate offers advice, relationship counselling, sex therapy, workshops, mediation, consultations and support face-to-face, by phone and through their website. This includes children and young people's counselling for any young person who is having problems.

**Rethink Mental Illness** - [www.rethink.org/living-with-mental-illness/young-people](http://www.rethink.org/living-with-mental-illness/young-people)

Produces useful information for young people about mental health

**Royal College of Psychiatrists (RCPSYCH)** – <http://www.rcpsych.ac.uk>

Provide specifically tailored information for young people, parents, teachers and carers about mental health through their Parents and Youth

**Info A-Z. Samaritans** - [www.samaritans.org/your-community/supporting-schools](http://www.samaritans.org/your-community/supporting-schools)

Can support schools by giving talks, providing a teaching resource called DEAL, and hosting a suicide response service to support schools following a suicide

**SelfHarm.co.uk** - [www.selfharm.co.uk](http://www.selfharm.co.uk)

selfharmUK is a project dedicated to supporting young people impacted by self-harm, providing a safe space to talk, ask any questions and be honest about what's going on.

**Stop Stigma** – [www.cornwallhealthyschools.org/stop-stigma](http://www.cornwallhealthyschools.org/stop-stigma)



A classroom based resource for secondary schools that helps address mental health stigma and raise awareness about mental health Time to change - [www.time-to-change.org.uk/youngpeople](http://www.time-to-change.org.uk/youngpeople) Provides a collection of resources including videos, lessons, assemblies, and toolkits for teachers and youth workers to reduce stigma and discrimination faced by people with mental health problems

**Young Minds** – <http://www.youngminds.org.uk>

Young Minds is charity committed to improving the emotional wellbeing and mental health of children and young people. They undertake campaigns and research, make resources available to professionals (including teachers) and run a helpline for adults worried about the emotional problems, behaviour or mental health of anyone up to the age of 25. They also offer a catalogue of resources for commissioning support services.

**Youth Health Talk** - <http://www.healthtalk.org/young-peoples-experiences>

Provides advice and support on mental health issues from young people for young people

**What's on your mind?** - [www.seemescotland.org/whatsonyourmind](http://www.seemescotland.org/whatsonyourmind)

A resource pack that includes a video along with downloadable lesson plans to help teachers introduce the subject of emotional wellbeing and mental health to students. Produced by the Scottish anti-stigma programme 'See Me'

## **Mindfulness**

**Mindful** - [www.mindful.org/](http://www.mindful.org/)

Mindful is an initiative that celebrates being mindful in all aspects of daily living - through a magazine, website and social media. Lots of background articles, the latest research on how mindfulness works and links to helpful resources.

**Susan Kaiser Greenland: The Mindful Child** - [www.susankaisergreenland.com](http://www.susankaisergreenland.com)

Again, based in the US, but full of inspiration and relevant information, author of The Mindful Child, Susan Kaiser Greenland has established the Inner Kids Foundation which teaches mindfulness skills to children in deprived schools and neighbourhoods in Los Angeles. Her website is full of information on recent research on mindfulness with children.

**Stressed Teens** - [www.stressedteens.com](http://www.stressedteens.com)

Great website introducing the rationale of mindfulness practice for teens.

## **Personal, Social, Health and Economic education (PSHE)**

**National Children's Bureau** - [www.ncb.org.uk](http://www.ncb.org.uk)

The National Children's Bureau website has a variety of useful free resources relation to PSHE delivery.

**Personal Finance Education Group (pfeg)** - [www.pfeg.org](http://www.pfeg.org)

pfeg is the UK's leading financial education charity. It provides resources and lesson plans, help and advice to anyone teaching children and young people about money. pfeg organizes

training (often free to schools) and events such as “My money week”. For full details visit their website.

## Philosophy

**Epicurus** - [www.epicurus.net](http://www.epicurus.net)

A good source of information on Epicurus and Epicurean philosophy.

**Philosophy Bites** - [www.philosophybites.com](http://www.philosophybites.com)

A wide range of philosophical podcasts

**Philosophy for Life** - [www.philosophyforlife.org](http://www.philosophyforlife.org)

Jules Evans’ excellent website which clearly outlines and contemporary relevance of ancient philosophy.

**Society for Advancing Philosophical Enquiry and Reflection in Education** - [www.sapere.org.uk](http://www.sapere.org.uk)

There are currently three levels of P4C courses validated by the Society for Advancing Philosophical Enquiry and Reflection in Education (SAPERE) with analogous handbooks published as a guide for each level. For more information on P4C and SAPERE courses visit either of these websites

## Resources to support young people with learning disabilities, physical disabilities and chronic illness

**Circle of Friends** – [www.autism.org.uk/working-with/education/educational-professionals-in-schools/resources-for-teachers/circle-of-friends-promoting-inclusion-and-interaction.aspx](http://www.autism.org.uk/working-with/education/educational-professionals-in-schools/resources-for-teachers/circle-of-friends-promoting-inclusion-and-interaction.aspx)

Helps children, especially those with a disability, to build a support network.

**Children and young people with learning disabilities - understanding their mental health** <http://www.mentalhealth.org.uk/content/assets/PDF/publications/children-and-young-people.pdf?view=Standard>

An information pack providing an introduction to learning disabilities among children and young people.

**Feeling down** - [www.learningdisabilities.org.uk/publications/feeling-down-looking-after-my-mental-health/](http://www.learningdisabilities.org.uk/publications/feeling-down-looking-after-my-mental-health/)

Looking after my mental health is an easy-read guide for people with learning disabilities from the Foundation for People with Learning Disabilities. The guide provides information and advice on how to look after oneself and get the best out of life.

**FRIENDS for life** - [www.learningdisabilities.org.uk/our-work/health-well-being/friends-for-life](http://www.learningdisabilities.org.uk/our-work/health-well-being/friends-for-life)

Learning disabilities is part of FRIENDS for Life, a group programme that teaches children and young people techniques to cope with anxiety and promote wellbeing, social and emotional skills and resilience. The FRIENDS for Life Learning Disabilities development project was adapted to be accessible for children and young people with learning disabilities.

**I Can** - [www.ican.org.uk/](http://www.ican.org.uk/)

Produces factsheets about speech, language and communication difficulties, and has a helpline for parents and practitioners.

**Mencap** - <https://www.mencap.org.uk>

Represents people with learning disabilities, with specific advice and information for people who work with children and young people.

**National autistic society** – [www.autism.org.uk/our-services/advice-and-information-services.aspx](http://www.autism.org.uk/our-services/advice-and-information-services.aspx)

A website that provides information about autism.

## Safety

**Child Exploitation & Online Protection Agency (CEOP)** - [www.ceop.police.uk](http://www.ceop.police.uk)

CEOP works with child protection partners across the UK and overseas to identify the main threats to children and coordinates activity against these threats to bring offenders to account. We protect children from harm online and offline, directly through NCA led operations and in partnership with local and international agencies.

**CEOP's Thinkuknow programme** - [www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)

Provides a range of free educational resources - films, lesson plans, presentations, practitioner guidance, games and posters - to professionals working with children and young people. Through the use of our educational materials you can help to empower and protect young people from the harm of sexual abuse and exploitation, both online and off

## Spirituality

**The Association for Children's Spirituality** - [www.childrenspirituality.org](http://www.childrenspirituality.org)

The Association for Children's Spirituality seeks to promote and support research and practice in relation to children's spirituality within education and wider contexts of children's care and wellbeing. A good source of information, including a poems & quotes page.

## Sex and Relationships Education (SRE)

**Brook** - <http://www.brook.org.uk>

Brook is the largest young people's sexual health charity. They provide clinical and support services; education and training; advocacy, campaigning, lobbying and influencing; and a range of publications for use by teachers, parents and young people on a broad range of sexual health issues.

**FPA** - <http://www.fpa.org.uk>

A sexual health charity. They give straightforward information, advice and support on sexual health, sex and relationships to everyone in the UK. They have a 'Find a clinic' service to help you find the nearest free contraception or sexually transmitted infection testing and treatment clinic.

**Image in Action** <http://www.imageinaction.org>

Acknowledged as leaders in the field of Sex and Relationships Education (SRE) for people with learning disabilities, autism and additional learning needs.

**Tender** - <http://tender.org.uk>

Using theatre and the arts, they engaged young people in violence prevention workshops, enabling them to recognise and avoid abuse and violence. These are run in schools, young centres and PRUs, and can be adapted to many environments and groups.

**Terrence Higgins Trust** - <http://www.tht.org.uk/our-charity/Our-work>

The largest voluntary sector provider of HIV and sexual health services in the UK. They work in schools, colleges and other settings to deliver Sex and Relationships Education to young people.

**The Sex Education Forum** - [www.sexeducationforum.org.uk/resources/sex-educational-supplement.aspx](http://www.sexeducationforum.org.uk/resources/sex-educational-supplement.aspx)

A group of organisations and individuals committed to improving sex and relationships education (SRE) for children and young people, have produced a magazine of information to help teachers work with this issue.

## Sustainability and the environment

**Action Renewables** - [www.actionrenewables.co.uk/services/education/educational-resources/](http://www.actionrenewables.co.uk/services/education/educational-resources/)

This site is packed with information and activity sheets for all key stages, although there is more available for primary schools - a great resource.

**NCB/One Step One World Challenge** - [www.ncb.org.uk/sustainable-lifestyles/one-step-one-world](http://www.ncb.org.uk/sustainable-lifestyles/one-step-one-world)

The National Children's Bureau has developed the One Step One World Challenge that aims to engage children and young people in learning about taking action in sustainable living. This document is an engaging Leader Pack for the Challenge, which provides information and practical ideas for staff.

## The Arts

**Random Acts of Kindness** - [www.randomactsofkindness.org](http://www.randomactsofkindness.org)

This website has some inspiring arts and crafts lesson plans to develop acts of kindness through creativity

## Wellbeing and Resilience

**Action for Happiness** - [www.actionforhappiness.org](http://www.actionforhappiness.org)

A good website for resources and information to support lesson planning.

**Anxiety BC** - [www.anxietybc.com](http://www.anxietybc.com)

Good website introducing anxiety and suggesting ways to talk about it with young people. It has an informative interactive zone for young people.

**Kidspace** - <http://akidspace.co.uk>

Kidspace focuses on helping children and young people understand their feelings and learn how to manage them as well as help children cope, and adjust to the changes in their family. They conditionally offer a confidential space for the child/young person

**Mind with Heart** - [www.mind-with-heart.blogspot.co.uk](http://www.mind-with-heart.blogspot.co.uk)

Mind with Heart is a charity dedicated to equipping young people with the social and emotional skills necessary to their well-being and to a sustainable society. It offers a secondary school curriculum consisting of three modules: mindfulness & awareness, empathy and compassion and universal responsibility & sustainability.

**Relate** - <http://whatnext.relate.org.uk>

Children and young people will need to adjust to many changes if their other parent separate. Some of that adjustment can be difficult and painful. It may leave the child/ young person feeling many things, including angry or sad or confused. They may even blame themselves for what's happened to their family. This can make the child/young person behave in many ways. The Relate website, "The Parents Guide to Separation" offers useful help and support.

**Young Minds** - [www.youngminds.org.uk/](http://www.youngminds.org.uk/)

Young Minds is charity committed to improving the emotional wellbeing and mental health of children and young people. They undertake campaigns and research, make resources available to professionals (including teachers) and run a helpline for adults worried about the emotional problems, behaviour or mental health of anyone up to the age of 25. They also offer a catalogue of resources for commissioning support services.