
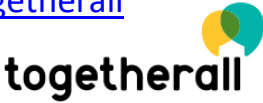









Sir Tom Finney Community High School Mental Health and Wellbeing information







There are a range of services to support your mental health and wellbeing. Click on the [links below](#) to take you to the appropriate website

Service	Information
<p>Home - Kooth</p> 	<p>Kooth Is a free online counselling and emotional wellbeing support service. Young people up to age 16 are provided with a safe and secure means of accessing support from a professional team of qualified counsellor.</p>
<p>Togetherall</p> 	<p>Togetherall is a safe, online community where people over 16 support each other anonymously to improve mental health and wellbeing</p>
<p>YoungMinds Mental Health Charity For Children And Young People YoungMinds</p> 	<p>Young Minds is the UK's leading charity committed to improving the emotional wellbeing and mental health of children and young people</p> <p>They provide support for parents and students with support and advice</p>
<p>Action for Happiness</p> 	<p>Action for happiness helps people take action for a happier and kinder world.</p> <p>There is an app that can give you daily prompts and activities to do.</p>
<p>Mental Health Foundation</p> 	<p>Prevention is at the heart of what we do. The vision is good mental health for all. The mission is to help people understand, protect and sustain their mental health</p>
<p>The Mix - Essential support for under 25s</p> 	<p>The Mix offers support for under 25's. They are there to help young people take on any challenge they are facing. From health to money, breakups to drugs, homelessness to finding a job. Talk to the online community, to the confidential helpline or counselling service</p> <p style="text-align: right;"> 0808 808 4994</p>



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<p>MindEd Hub</p> 	<p>MindEd is for adults and carers; It provides practical knowledge that gives adults confidence to identify a mental health issue and act swiftly, meaning better outcomes for the child or young person involved</p>
<p>www.samaritans.org</p> 	<p>If you are having a difficult time or worried about someone you can contact the Samaritans on the phone, by email, write a letter or use the self-help app. ☎ 116 123</p>
<p>Find a children and family wellbeing service - Lancashire County Council</p> 	<p>Lancashire Children and Family Wellbeing Service provide services to help with parenting and other support families may need. They support families of children and young people from 0-19 years old and young people with special educational needs and/or disabilities up to 25. Some of this will be in groups and some of this will be with individuals.</p>
<p>About Youth Zone - Lancashire County Council</p> 	<p>Youth Zone works with children and young people up to the age of 19 years and up to the age of 25 years for children and young people with special educational needs and/or disabilities. They are part of the Children and Family Wellbeing Service which enables children and families to access appropriate support on a wide range of issues as early as possible in order to help them to achieve a good quality of life and facilitate positive ongoing life changes</p>