







Fern House School

 <p>YOUNGMINDS fighting for young people's mental health</p>	<p>Young Minds Parents Helpline</p> <p>https://youngminds.org.uk/find-help/for-parents/parents-helpline/</p>
 <p>mind for better mental health</p>	<p>https://www.mind.org.uk</p> <p>Advice and Support to empower anyone experiencing a mental health problem.</p>
 <p>ChildLine 0800 1111</p>	<p>www.childline.org.uk/toolbox/calm-zone</p> <p>Childline has launched Calm Zone – an online hub of calming techniques and resources for young people to help them feel better when they feel anxious, scared or sad.</p>
 <p>kooth</p>	<p>www.kooth.com</p> <p>Kooth is a free, safe, anonymous and non-stigmatised way for young people to receive counselling, advice and support on-line. it provides a much needed out of hours service for advice and support.</p>
 <p>HEADSPACE</p>	<p>https://www.headspace.com</p> <p>Guide to everyday mindfulness</p>
 <p>AnxietyUK</p>	<p>https://www.anxietyuk.org.uk</p> <p>Charity providing support if you have been diagnosed with an anxiety condition.</p>



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	<p>Phone: 0800 58 58 58 (daily, 5pm to midnight)</p> <p>Website: www.thecalmzone.net</p> <p>CALM is the Campaign Against Living Miserably, for men aged 15 to 35.</p>
	<p>Phone: 116 123 (free 24-hour helpline)</p> <p>Website: www.samaritans.org.uk</p>