

Online resources and organisations to support wellbeing

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Anna Freud	www.annafreud.org Children's mental health charity
Young Minds	https://youngminds.org.uk/ Children and young people's mental health charity
Kooth	www.kooth.com Anonymous, online counselling and support
Bromley Wellbeing	www.bromleywellbeingcyp.org/ The Bromley Community Wellbeing Service for Children and Young People Direct referrals can be made from a parent/carer or from a young person – further information is on the website
Good Thinking	www.good-thinking.uk/ A website for adults provided by Healthy London Partnership designed for anyone living or working in London
Childline	www.childline.org.uk or telephone 0800 1111 A free service for children and young people to talk about their concerns
Bromley Well Young Carers	www.bromleywell.org.uk Bromley Well provides support for young people who care for others (Young Carers)
NSPCC	www.nspcc.org Organisation that protects and supports children and young people
Place2Be	https://www.place2be.org.uk/our-services/parents-and-carers/ Children's mental health charity that provides support for schools – their website includes a section for parents/carers