

USEFUL WEBSITES FOR SUPPORT AND ADVICE

All these sites have information, advice and support for a wide range of issues such as bullying, exam stress, drug , alcohol and LGBT concerns.

www.keep-your-head.com

www.youngminds.org.uk

www.youthoria.org

The following sites also offer 121 on-line counselling sessions which can be 'drop in' or booked in advance.

www.kooth.com

www.childline.org.uk

Childline can also be contacted by phone on 0800 1111

REMEMBER THE BEST THING IS TO TELL SOMEONE

DO NOT SUFFER IN SILENCE.