












Free Mental Health & Emotional Wellbeing Support



A joint Catholic & Church of England Academy

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|---|---|
|  | https://www.nhs.uk/apps-library/category/mental-health/ |
|  | https://www.kooth.com/ |
|  | https://www.childline.org.uk/ |
|  | https://youngminds.org.uk/ |
|  | https://www.papyrus-uk.org/ |
|  | https://www.annafreud.org/coronavirus-support/support-for-young-people/ |
|  | https://www.bbc.co.uk/newsround/44074706 |
|  | https://www.bbc.co.uk/programmes/p04pxgfk |
|  | https://www.beateatingdisorders.org.uk/ |
|  | https://www.mind.org.uk/ |
|  | https://www.winstonswish.org/ |
|  | https://www.actionforhappiness.org/calendars |
|  | https://reading-well.org.uk/books/books-on-prescription/young-people-mental-health |
|  | https://www.doyogawithme.com/yoga-classes |
|  | https://www.pixelthoughts.co/ |
|  | https://www.bbcgoodfood.com/recipes/collection/healthy-kids-recipes |

