Mental Health and Well-being

The website below has been created for young people, carers and professionals to pool together lots of helpful resources from across the internet that are available to help support your child's mental health and well-being.

[**https://www.camhs-resources.co.uk/**](https://www.camhs-resources.co.uk/)

Children who are experiencing anxiety or mental health issues can also join a free online mental health service called Kooth. Here they can receive online counselling and support from trained counsellors as well as discussion forums and tools to help them with their problems.

<https://www.kooth.com/>