**[Young Minds](http://youngminds.org.uk/%22%20%5Ct%20%22_blank)** - The UK’s leading charity fighting for children and young people's mental health. Resources for parents including an A-Z guide with advice on how to help your child with specific mental health conditions, and life events which might be negatively affecting their wellbeing.

 

<https://www.youngminds.org.uk/>

[**Kooth**](https://www.kooth.com/) -  Provides free, safe and anonymous online support and counselling. The whole team are made up of friendly and experienced individuals who want to help you.



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

[**Thinkuknow**](http://www.thinkuknow.co.uk/)-The education programme from NCA-CEOP, a UK organisation which protects children both online and offline, providing advice about staying safe when you're on a phone, tablet or computer.



<https://www.thinkuknow.co.uk/>

[**Action for Happiness**](http://www.actionforhappiness.org/calendars) -  Producing monthly calendars that are packed with actions you can take to help create a happier and kinder world.



https://actionforhappiness.org/

[**The Childhood Bereavement Network**](https://childhoodbereavementnetwork.org.uk/)- Includes support, advice and resources on supporting a bereaved child or young person.



<https://childhoodbereavementnetwork.org.uk/>

[**Teen Sleep Hub**](https://teensleephub.org.uk/)- Offers advice, support and tips on achieving a good night's sleep.



<https://teensleephub.org.uk/>