









# Wellbeing

A range of different and connected factors influence our health and wellbeing.

Please follow the links below for current information regarding different mental health and wellbeing services and for guidance on mental health and wellbeing. This includes updated information regarding Covid-19.

## Mental health support for children and young people

These resources are dedicated to children and young people's general mental health and wellbeing, with a particular focus on mindfulness with developing coping skills in young people.

Resource	Link	How can it help?
	<a href="#">Student Space</a>	Provides expert information and advice to help pupils through the challenges of student life. Explore a range of trusted information, services and tools to help. You can use their <a href="#">search tool</a> to find the services available.
	<a href="#">The Student health app</a>	This app is designed to reduce pupils worries, feel more confident and get the support needed at what can be a challenging time for any student.
	<a href="#">Thrive</a>	Gives useful information to help prevent and manage stress, anxiety and related conditions.
	<a href="#">Students Against Depression</a>	Offering advice, information, guidance and resources to those affected by low mood, depression and suicidal thinking.
	<a href="#">Togetherall</a>	This is available for students at eligible universities and colleges who are feeling stressed, anxious, low or not coping. It provides an anonymous online community who share troubles and support each other. It is a safe space as it is moderated by trained professionals who are available 24/7.
	<a href="#">Place2Be</a>	A host of mental health resources are available here. They also organise Children's Mental Health Week every year.
	<a href="#">SafeSpot</a>	This iPhone and Android app promotes positive mental wellbeing in children and young people and has been designed to help children and young people with their coping skills.
	<a href="#">MindEd</a>	Advice and resources for families on supporting children's mental health.