



USEFUL WEBSITES



HEALTH AND WELLBEING

Website Address	How can it help?
Primary - https://www.npt.gov.uk/23236 Secondary - https://www.npt.gov.uk/23237	School counselling service – please use this site to request a follow up phone call
https://www.childline.org.uk/	Information, advice and support for all children.
https://youngminds.org.uk/	Young Minds are an organisation empowering and supporting the minds of young people.
https://www.bbc.co.uk/news/newsbeat	The home of news and fun facts for kids. Find out what is going on, with stories, pictures and videos. Try a quiz or one of our free games.
https://mcusercontent.com/Obd1585d1b3a52744aa24a8b5/files/7f580a46-0513-41e8-98ff-b8fbe2b68047/V5_30_day_challenge_all_days.pdf	30 Day Wellbeing Challenge – can you complete the 30 days?
https://www.autistica.org.uk/	Information and autism and advice for pupils and families.
https://www.childcomwales.org.uk/	This website looks at why childrens rights are so important. The site explains how decisions made by the public bodies in Wales affect children rights.
https://www.childline.org.uk/toolbox/	A great site to find useful information on several issues. Lots of wellbeing games to play.
http://spectrumproject.co.uk/	Worried about family life? Lots of helpful information here.
https://schoolbeat.cymru/en/pupils/	Useful information and quizzes from our South Wales Police
https://www.thinkuknow.co.uk/	Internet safety information and films.
https://www.mind.org.uk/information-support/for-children-and-young-people/ -	Information about mental health

https://www.healthforkids.co.uk/	NHS site which informs children on how to stay fit and healthy.
https://www.youtube.com/watch?v=psyExnCkcXU	Meditation for teenagers
https://www.annafreud.org/schools-and-colleges/resources/	A great all around wellbeing site with some excellent advice.
www.samaritans.org Call: 116 123	The Samaritans are able to offer support of anyone, of any age, in need to talk about anything that is troubling them.
www.nopanic.org.uk	No Panic offers advice and guidance to people suffering with anxiety.
www.stem4.org.uk	Stem4 is a website with the aim of improving teenage mental health.