

## Sources of support for the wellbeing of children and young people

The information below is for six websites which CEIAS think you will find useful- they are teeming with links and resources

What is it called?	Who is it for?	Where can you find out more?	What do they do?
<p style="text-align: center;"><b>Childline</b></p> 	<p style="text-align: center;">Anyone under the age of 19 years</p>	<p style="text-align: center;"><a href="https://www.childline.org.uk/">https://www.childline.org.uk/</a></p> <p style="text-align: center;"><b>Telephone:</b> 0800 1111 <i>Calls to this number are free</i></p> <p style="text-align: center;"><a href="#">Toolbox   Childline</a></p> <p style="text-align: center;"><a href="#">Deaf Zone   Childline</a></p>	<p>A free, confidential service where you can talk about anything- whatever your worry, whenever you need help.</p> <p style="text-align: center;"><b>Toolbox:</b> There are <a href="#">games</a>, and advice <a href="#">videos</a></p> <p style="text-align: center;"><b>Deaf Zone:</b> If you are d/Deaf or hard of hearing they have a page with advice and support in English and British Sign Language (BSL)</p>
<p style="text-align: center;"><b>Just Drop-In</b></p> 	<p style="text-align: center;">Young people aged 12-24</p>	<p style="text-align: center;"><a href="http://www.justdropin.co.uk/">http://www.justdropin.co.uk/</a></p> <p style="text-align: center;"><b>Telephone:</b> 01625 665079</p> <p style="text-align: center;"><b>Text:</b> 07718425405</p> <p style="text-align: center;"><b>Email:</b> <a href="mailto:hello@justdropin.co.uk">hello@justdropin.co.uk</a></p>	<p>A free support service offering:</p> <p style="text-align: center;"><b>Up &amp; Running</b> Tuesday afternoons: free, fun, sports &amp; fitness group for those aged 16-25</p> <p style="text-align: center;"><b>Foundations</b> <b>Wednesday, 6-7.30pm:</b> Group sessions looking at particular themes e.g. body image, communication &amp;, mental health</p> <p><b>Thursday 6-7.30pm</b> and <b>Saturday 11am-1pm:</b> Activities e.g. cooking, crafts and games for young people with support from adult staff &amp; volunteers</p>

<p><b>Kooth- XenZone</b></p> 	<p>Young people aged 11 to 19 years (25 with a disability)</p>	<p><a href="https://www.kooth.com/">https://www.kooth.com/</a></p>	<p>Kooth is an online counselling and emotional well-being platform where you can get support and advice</p>
<p><b>My Mind</b></p> 	<p>Children and young people aged 4 – 25 years</p>	<p><a href="https://www.mymind.org.uk/about-mymind/young-people/">https://www.mymind.org.uk/about-mymind/young-people/</a></p>	<p>Their website has information for young people in Cheshire East who want to know more about emotional well-being and/or their local Child and Adolescent Mental Health Service (CAMHS). It has information on how to look after your mental health, how to access help and support, and details of support services in your local area.</p>
<p><b>Visyon</b></p> 	<p>Children and young people aged 4 – 25 years (plus parents)</p>	<p><a href="https://www.visyon.org.uk/">https://www.visyon.org.uk/</a></p> <p><b>Telephone:</b> 01260 290000</p> <p><b>Email:</b> <a href="mailto:administration@visyon.org.uk">administration@visyon.org.uk</a></p>	<p>Any young person (13+) or their parent can call them if they need a space to talk, no issue is too small.</p> <p>They also run wellbeing groups such as painting, walking, gardening etc.</p>
<p><b>Young Minds</b></p> 		<p><a href="https://youngminds.org.uk/">https://youngminds.org.uk/</a></p> <p>If you need urgent help text YM to 85258</p>	<p>They have lots of information around issues which might affect you e.g. bullying, anger, mental health. They also give urgent advice if you need help</p>