



# WELLBEING DIRECTORY

## *Resources for Students*



It's been a difficult time for many, and we know that lots of us are struggling at the moment. It's so important that we look after ourselves and one another, and there are some really great resources around to help with this. This directory contains links to fantastic websites and materials which are aimed at supporting you and your wellbeing in this challenging time. If you know of any brilliant resources you think we should include here, please email them to [cga@clapton.hackney.sch.uk](mailto:cga@clapton.hackney.sch.uk)

## YoungMinds Charity

*Mental health resources specifically for young people*

**YOUNG**MiNDS

## Cool Down Café

*Safe space to connect with peer mentors, build community and express yourself*



## Kooth

*Digital Mental Health Care*

**kooth**

## Think Ninja App

*App for supporting wellbeing in 10-18 year olds*



## **Anna Freud Centre**

*Self-care resources  
for young people*



## **Childline**

*Charity providing  
support to children  
and young people.*

**childline**

ONLINE, ON THE PHONE, ANYTIME

## **Samaritans Charity**

*Mental health and  
suicide helpline*  
Phone: 116 123

**SAMARITANS**

## **CAMHS**

*Child and Adolescent  
Mental Health  
Services*

**CAMHS**

Child and Adolescent  
Mental Health Services

## The Mix

*Essential support  
for under 25s*



## Shout (charity)

*Free 24/7 text  
messaging service for  
students and adults*



## Family Action

*Off-centre: Counselling,  
therapy, advice and  
support*

