

# WELLBEING TOOLKIT

**childline**

ONLINE, ON THE PHONE, ANYTIME

Counselling service for  
children and young people



Improving children's  
mental health

Resources for families

**kooth**

Online mental  
wellbeing commu-



Information and advice  
to people with mental  
health problems

**Place 2Be** Parenting  
Smart

Parenting Advice

**Anna Freud**  
National Centre for  
Children and Families

Signpost to local  
services and advice for  
parents and carers



Our Mental Health Champions are  
Mrs Leach and Mrs Wilcock.

We are here to help. If you find  
yourself struggling, please get in  
touch.