

Year 11 – Resilience and readiness

Sources of support and further information



Calm

App featuring meditations, stories, music and soundscapes to support relaxation



Childline

Charity offering free and confidential support via phone, email and online chat



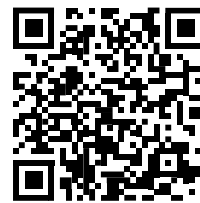
Headspace

App featuring stories meditations, and mindfulness tools to support mental wellbeing



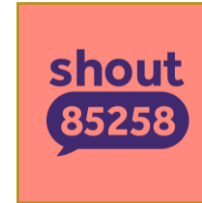
Kooth

A anonymous online wellbeing service for young people, featuring online chat support



Mind

Charity offering advice and support to anyone affected by a mental health problem



Shout

Free, confidential, anonymous text service offering support to anyone struggling to cope



Stem4

Charity promoting positive mental health in teenagers and offering relevant advice



The Mix

Charity supporting young people in making informed choices about their wellbeing



Young Minds

Charity working to support children and young people's mental health