



Department
for Education

Mental Health and Wellbeing Resources for Teachers and Teaching Staff

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Summary

This publication provides non-statutory guidance from the Department for Education. It has been produced to help teachers and teaching staff in schools, colleges and FE providers with sources of mental health and wellbeing support to assist them to get the help and support they may need in response to any feelings they are experiencing as a result of COVID-19.

We know that children and young people may be experiencing a variety of feelings in response to the COVID-19 outbreak such as anxiety, stress or low mood. It is important to understand that these are normal responses to an abnormal situation. We have put together some useful links and sources of support to help teachers and teaching staff to assist children and young people so that they can get the advice and help they need.

We have also developed a list for you to provide children and young people with sources of support to assist them to get the help they may need in response to any feelings they are experiencing due to COVID-19. You can adapt this list to suit individual needs.

Mental health and wellbeing resources for teachers and teaching staff

Many children and young people may be experiencing a variety of emotions in response to the COVID-19 outbreak such as anxiety, stress or low mood, and we know that during the pandemic, education staff have been doing all they can to support their pupils' and students' mental health and wellbeing.

To help staff navigate the resources available to them, we have pulled together some useful links and sources of support to ensure their pupils' and students' get the advice and help they need. We have also provided a [list of resources](#) for you to pass on to your pupils and students to enable them to seek support on a range of issues independently if they would like to. You can adapt this list to suit individual needs and put it into your own school or college template so it's in a format pupils and students are used to.

Teachers and teaching staff should also prioritise looking after your own wellbeing and mental health. Every Mind Matters campaign [self-care tool](#) offers free online action plan, approved by the NHS, that offers simple steps you can take to care for your own mental health. The tool can help to deal with stress and anxiety, boost mood, improve sleep quality and take control of your wellbeing.

Schools are encouraged to continue referring to their local children and young people's mental health services (CYPMHS) where needed. CYPMHS are continuing to operate and in many cases are providing support remotely. Children and young people or their parents or carers can also contact their GP or refer to NHS 111 online. Local CYPMH services will also have information on access on their websites, many offer self-referral or single points of access.

Please note, the resources and any associated products have not been produced or quality assured by DfE. Schools should always assess resources produced by external agencies carefully to ensure they are factually accurate, age appropriate, and in line with your school's legal duties in relation to political impartiality.

If a student needs urgent advice or support

Summary of support	Contact details	Link	Age range
BEAT's Youthline offers support to children and young people with an eating disorder.	Website, online chat and phone	Beat Eating Disorders Helpline BEAT: Worried about a Pupil	All age groups

		School Staff – training courses Or 0808 801 0711	
ChildLine is the UK's free, confidential helpline for children and young people. They offer advice and support, by phone and online, 24 hours a day. Teachers can signpost to ChildLine.	Phone, website and online 1-2-1 chat	Childline or call 0800 1111	All age ranges
Educational Action Challenging Homophobia (EACH) offers advice and support online and through their freephone Helpline for children experiencing homophobic, biphobic or transphobic bullying or harassment.	Website and phone	EACH: School and college training or call 0808 1000 143 open Monday to Friday 10am to 5pm.	All age ranges
MindEd a free educational resource from Health Education England on children and young people's mental health. Now includes a Coronavirus Staff Resilience Hub with materials on peer support, stress, fear and trauma and bereavement.	Website	MindEd Resilience Hub (mindedhub.org.uk)	All age groups
Papyrus (Prevention of Young Suicide) provides advice and support for professionals supporting young people who feel like they want to take their own life, through online support and resources.	Website, phone and text	I'm A Professional Papyrus UK Suicide Prevention Charity (papyrus-uk.org) HOPELineUK, 0800 068 41 41 Text on 07786 209 687	All age groups
Samaritans are an organisation you can ring at any time of the day or night. Teachers can signpost Samaritans.	Phone or email	Call 116 123 Email jo@samaritans.org	All age groups

General mental health and wellbeing support, building resilience and staying well

Summary of support	Contact details	Link	Age range
<p>Anna Freud National Centre for Children and Families provides support to schools, colleges and education professionals through online advice, guidance and resources.</p> <p>Schools in Mind is a free network for education professionals which shares practical, academic and clinical expertise about mental health and wellbeing in schools and FE colleges.</p>	Website	Mental Health Resource for Schools & Colleges Anna Freud Centre	All age groups
<p>Charlie Waller Trust offers advice, guidance and resources for schools and education professionals to support children and young people's mental health and wellbeing.</p>	Website	Training and advice for educators Charlie Waller Trust Free practical mental health resources Charlie Waller Trust	All age groups
<p>Every Mind Matters Guidance on learning in a safe environment useful guidance for teachers on delivering learning in a safe environment including protecting vulnerable students and providing effective responses to sensitive questions.</p>	Website	Every Mind Matters Guidance on learning in a safe environment.pdf (pshe-association.org.uk)	All age ranges
<p>PHE School Zone mental wellbeing top tips provides advice for teachers on supporting parents and carers with the mental wellbeing of their children, including the importance of routine and normalising discussions around mental wellbeing.</p>	Website	Mental wellbeing Top tips PHE School Zone	All age ranges

<p>Now and Beyond the UK's first multidisciplinary directory for children and young people's mental health and wellbeing providers. Includes information about locally available services.</p>	<p>Website</p>	<p>Now and beyond Now and beyond: help and support</p>	<p>All age ranges</p>
<p>PHE Every Mind Matters provides resources to support teaching of PSHE, RHE and RSHE to upper KS2, KS3 and KS4 students, with flexible, ready-to-use content co-created with teachers, and young people.</p>	<p>Website</p>	<p>Mental wellbeing Overview PHE School Zone</p>	<p>Aged 10 to 16</p>
<p>PHE exam stress lesson plan pack helps students identify the signs and symptoms of exam stress and develop stress management strategies.</p>	<p>Website</p>	<p>Exam stress lesson plan pack PHE School Zone</p>	<p>11 to 16 year olds</p>
<p>PHE School Zone physical and mental wellbeing year 6 lesson plan explores the connection between physical and mental wellbeing and asks students to think about how eating well, moving more and sleep can affect mental wellbeing.</p>	<p>Website</p>	<p>Physical and mental wellbeing Year 6 lesson plan PHE School Zone</p>	<p>10 to 11 year olds</p>
<p>PHE School Zone physical and mental wellbeing KS3 and KS4 lesson plan explores the connection between physical and mental wellbeing. Slide 10 asks students to create a diagram showing factors that could promote good physical and mental wellbeing, including sleep.</p>	<p>Website</p>	<p>Physical and mental wellbeing KS3 and KS4 lesson plan PHE School Zone</p>	<p>11 to 16 year olds</p>
<p>PHE School Zone what to do about worry year 6 lesson plan pack includes the worry tree, a tool to support young people to combat worries. Students can learn about the worry</p>		<p>What to do about worry – Year 6 lesson plan pack PHE School Zone The worry tree – KS3 and KS4 activities PHE School Zone</p>	<p>10 to 11 year olds 11 to 16 year olds</p>

tree as a tool to combat worry.			
PHE School Zone puberty lesson plan pack explores physical changes that occur during puberty and the effect these can have on an individual's emotions, identity and sexuality.		Puberty lesson plan pack PHE School Zone	11 to 14 year olds
Young Minds offers resources and materials for teachers and school staff to build their skills and make mental health and wellbeing a core, rewarding part of their job.	Website and a 24/7 text service	School Resources — YoungMinds	All age groups
Young Minds Professionals is a toolbox for leaders and front-line workers across the children's mental health system.	Website and text service	YoungMinds Professionals	All age groups

Bereavement

Summary of support	Contact details	Link	Age range
The Childhood Bereavement Network includes support, advice and resources on supporting a bereaved child or young person.	Website	Childhood Bereavement Network	All age groups

Bullying

Summary of support	Contact details	Link	Age range
Anti-Bullying Alliance are a unique coalition of organisations and individuals, working together to achieve our vision to stop bullying and create safer environments in which children and young people can live, grow, play and learn. They provide expertise in relation to all	Website	Anti-Bullying Alliance Top tips for teachers and school staff	All age ranges

forms of bullying between children and young people.			
PHE School Zone bullying and cyberbullying lesson plan pack examines the meaning and impact of bullying, discover ways of responding to this type of behaviour.	Website	Bullying and cyberbullying lesson plan pack PHE School Zone	11 to 16 year olds
PHE School Zone forming positive relationships lesson plan pack explores the qualities that make for good friendships.	Website	Forming positive relationships lesson plan pack PHE School Zone	11 to 16 year olds
PHE School Zone online stress and FOMO lesson plan pack includes a link to the Young Voices Online Bullying video on YouTube.	Website	Online stress and FOMO lesson plan pack PHE School Zone	11 to 16 year olds
PHE School Zone forming positive relationships lesson plan pack explores the qualities that make for good friendships.	Website	Forming positive relationships lesson plan pack PHE School Zone	11 to 16 year olds
PHE School Zone alcohol lesson plan pack - page 1 of the lesson plan pdf includes a link to the Rise Above film - advice on pressure and role models on YouTube.	Website	Alcohol lesson plan pack PHE School Zone	11 to 16 year olds
Preventing and tackling bullying advice for headteachers, staff and governing bodies.	Website	Preventing and tackling bullying	All age range
Kidscape has advice and practical tips to support adults working with children on dealing with bullying and cyberbullying.	Website	Kidscape – advice for adults working with children	All age ranges

Not being able to socialise with friends and family

Summary of support	Contact details	Link	Age range
PHE School Zone building connections year 6 lesson plan pack - teachers can support pupils to explore the meaning of loneliness and connection.	Website	Building connections – Year 6 lesson plan pack PHE School Zone	10 to 11 year olds

<p>PHE School Zone forming positive relationships lesson plan pack allows teachers to examine with their students the nature of friendships, identify some of the challenges that can arise and think about how to provide effective peer support.</p>	<p>Website</p>	<p>Forming positive relationships lesson plan pack PHE School Zone</p>	<p>11 to 16 year olds</p>
<p>PHE School Zone online stress and FOMO lesson plan pack supports lessons around the core themes of health and wellbeing and relationships.</p> <p>Slide 5 links to a film which explores the way social media can create ‘FOMO’ a fear of missing out. Slides 7 and 8 invite students to think about the characteristics of real-life friends contrasted with online friends.</p>	<p>Website</p>	<p>Online stress and FOMO lesson plan pack PHE School Zone</p>	<p>11 to 16 year olds</p>
<p>PHE School Zone social media year 6 lesson plan pack slide 10 links to a film exploring the benefits and challenges of connecting on social media.</p>	<p>Website</p>	<p>Social media – Year 6 lesson plan pack PHE School Zone</p>	<p>10 to 11 year olds</p>
<p>PHE School Zone social media KS3 and KS4 lesson plan pack explores the topic of social media, and learn actions a person can take to look after their wellbeing online and offline.</p>	<p>Website</p>	<p>Social media – KS3 and KS4 lesson plan pack PHE School Zone</p>	<p>11 to 16 year olds</p>
<p>PHE School Zone physical and mental wellbeing KS3 and KS4 lesson plan slide 5 features the ‘five ways to wellbeing’ including the first way, connect with people.</p>	<p>Website</p>	<p>Physical and mental wellbeing KS3 and KS4 lesson plan PHE School Zone</p>	<p>11 to 16 year olds</p>

Staying safe online

Summary of support	Contact details	Link	Age range
PHE School Zone bullying and cyberbullying lesson plan pack examines the meaning and impact of bullying and cyberbullying.	Website	Bullying and cyberbullying lesson plan pack PHE School Zone	11 to 16 year olds
PHE School Zone online stress and FOMO lesson plan pack is suitable for key stage 3 and 4.	Website	Online stress and FOMO lesson plan pack PHE School Zone	11 to 16 year olds
PHE School Zone social media lesson plan pack – slide 11 asks students to think about some of the potential benefits and challenges of using social media.	Website	Social media – KS3 and KS4 lesson plan pack PHE School Zone	11 to 16 year olds

Sleep problems

Summary of support	Contact details	Link	Age range
Teen Sleep Hub offers advice, support and tips on achieving a good night's sleep. They have information and resources for secondary schools.	Website	Schools - Teen Sleep Hub	11 to 16 year olds
PHE Every Mind Matters lesson plan on mental wellbeing, which includes different elements of physical wellbeing, including getting active, eating well and getting good quality sleep.	Website	Physical and mental wellbeing Year 6 lesson plan PHE School Zone	10 to 11 year olds
PHE School Zone sleep – KS3 and KS4 lesson plan pack exploring the benefits of good quality sleep for KS3 and KS4.	Website	Sleep – KS3 and KS4 lesson plan pack PHE School Zone	11 to 16 year olds

Transitions

Summary of support	Contact details	Link	Age range
Anna Freud have produced an evidence-based guidance for parents and carers, written with input from clinicians at the centre and teachers. Includes tips about how children preparing for, or going through, the transition to secondary school can best be supported by their parents and carers.	Website	Anna Freud: supporting children's transition to secondary school	Age 11 upwards
Charlie Waller Trust offers advice, guidance and resources for schools and education professionals to support children and young people's mental health and wellbeing.	Website	Training and advice for educators Charlie Waller Trust Free practical mental health resources Charlie Waller Trust	All age groups
Every Mind Matters provides advice on how to make the transition back to being in school, college or other formal education as smooth as possible, as well as information about further help and support.	Website	Coronavirus and going back to school or college - Every Mind Matters - NHS (www.nhs.uk)	All age groups
PHE transition to secondary school explores the transition to secondary school and identify strategies to deal with change.	Website	Transition to secondary school PHE School Zone	10 to 11 year olds
<u>PHE School Zone dealing with change lesson plan pack</u> explores expected and unexpected changes students might come across (for, example exams, friendships, puberty) and the different ways of managing change	Website	Dealing with change lesson plan pack PHE School Zone	11 to 16 year olds
PHE School Zone what to do about worry year 6 lesson plan pack includes the worry tree, a tool to support young people to combat worries.	Website	What to do about worry – Year 6 lesson plan pack PHE School Zone	10 to 11 year olds

Vulnerable children

Summary of support	Contact details	Link	Age range
<p>Barnardo's Education Community is an online resource to help support teachers, lecturers and staff working in the education sector. A 'one stop shop' where educators can go for trauma-informed resources, support and advice about how to help children and young people cope with any issues they are experiencing.</p>	Website	Barnardo's Education Community	All age ranges
<p>The SEND Gateway is a good source of information for professionals, containing resources on responding appropriately to children and young people with SEND with emotional wellbeing needs.</p>	Website	SEND Gateway	All age ranges
<p>The Proud Trust deliver training opportunities for teachers and other youth professionals and create LGBT+ resources for schools, colleges and other youth settings.</p>	Website	The Proud Trust	All age ranges

Mental health and wellbeing resources for children and young people

We know that you may be experiencing a variety of feelings in response to the COVID-19 outbreak such as anxiety, stress or low mood. It is important to understand that these are normal responses to an abnormal situation. We have put together some useful links and sources of support so that you get the advice and help you need.

If you need urgent advice or support

Summary of support	How to contact	Age range
Anna Freud National Centre for Children and Families provides a Crisis Messenger Service which is free, confidential, 24/7 text message support service for anyone who is feeling overwhelmed or is struggling to cope.	Text: AFC to 85258	All age groups
BEAT's Youthline offers support to children and young people with an eating disorder.	Website and online chat: https://www.beateatingdisorders.org.uk/support-services/helplines Phone: 0808 801 0711	All age groups
ChildLine is the UK's free, confidential helpline for children and young people. They offer advice and support, by phone and online, 24 hours a day. Whenever and wherever you need them, they'll be there.	Website and online chat: https://www.childline.org.uk/ Phone: 0800 1111	All age ranges
Educational Action Challenging Homophobia (EACH) offers advice and support online and through their freephone Helpline for children experiencing homophobic, biphobic or transphobic bullying or harassment.	Website: http://each.education/homophobic-transphobic-helpline Phone: 0808 1000 143 open Monday to Friday 10am to 5pm.	All age ranges
Hope Again is the youth website of Cruse Bereavement Care. They provide advice for any young person dealing with the loss of a loved one.	Website: https://www.cruse.org.uk/get-help-for-parents Phone: 0808 808 1677	All age groups
Mermaids offer a free and confidential phone and web-chat service which has been designed specifically to support trans, gender-diverse and non-binary students. This is open to young people aged 18 to 25, and is available 9am to 9pm, Monday to Friday.	Website and web-chat service: https://mermaidsuk.org.uk/mermaids-student-space/ Phone: 0808 8010 424	18 to 25 years

<p>Papyrus (Prevention of Young Suicide) provides advice and support for young people who feel like they want to take their own life, all their advice is confidential.</p>	<p>Website: https://www.papyrus-uk.org/</p> <p>Phone: 0800 068 41 41</p> <p>Text: 07786 209 687</p>	<p>All age groups</p>
<p>Samaritans are an organisation you can ring at any time of the day or night. They'll help you and listen to how you're feeling.</p>	<p>Phone: 116 123 Email: jo@samaritans.org</p>	<p>All age groups</p>
<p>Shout provides free, confidential, 24/7 text message support in the UK for anyone struggling to cope. They can help with issues including suicidal thoughts, depression, anxiety, panic attacks, abuse, self-harm, relationship problems and bullying.</p>	<p>Text 'Shout' to 85258 to get an empathetic, trained volunteer who will listen and work with you to solve problems.</p>	<p>All age groups</p>
<p>Student Space is here for students through coronavirus. Help and guidance is available.</p>	<p>Website and webchat: http://www.studentspace.org.uk/</p> <p>Text: STUDENT to 85258</p> <p>You can also use their search tool to find the services available at your university.</p>	<p>18 to 21 years</p>
<p>Switchboard LGBT+ helpline is a safe space for anyone to discuss anything, including sexuality, gender identity, sexual health and emotional well-being. They help people to explore the right options for themselves through support on the phone and through email and instant messaging service.</p>	<p>Website and web chat: https://switchboard.lgbt/</p> <p>Phone: 0300 330 0630</p> <p>Email: chris@switchboard.lgbt</p>	<p>All age groups</p>
<p>The Mix is the UK's leading support service for young people. They offer help and support to help with any challenge children are facing from mental health to money, from homelessness to finding a job, from break-ups to drugs. Talk to them via their online community, on social, through their free, confidential helpline or counselling service.</p>	<p>Website and online chat: https://www.themix.org.uk/</p> <p>Text: THEMIX to 85258</p> <p>Phone: 0808 808 4994</p>	<p>All age groups</p>
<p>Young Minds Crisis Messenger provides free crisis support every day of the week, at any time day or night. All texts are answered by trained volunteers, with support from experienced clinical supervisors.</p>	<p>Website: https://youngminds.org.uk</p> <p>Text: YM to 85258 (24/7) for urgent help</p>	<p>All age groups</p>

General mental health and wellbeing support, building resilience and staying well

Summary of support	How to contact	Age range
<p>Anna Freud National Centre for Children and Families provide support to children and young people, sharing clear, simple advice and resources.</p> <p>'On My Mind' aims to empower young people to make informed choices about their mental health and wellbeing through advice, support, tips and self-care strategies.</p>	<p>Websites: https://www.annafreud.org/coronavirus-support/support-for-young-people/ https://www.annafreud.org/on-my-mind/</p> <p>Text: AFC to 85258</p>	All age groups
<p>BBC Bitesize offers support, advice and tips to children and young people on a host of areas including mental health, wellbeing, resilience, identity and healthy relationships.</p>	<p>Website: https://www.bbc.co.uk/bitesize/collections/life-and-wellbeing/1</p>	All age groups
<p>Every Mind Matters have expert advice and practical tips to help you look after your mental health and wellbeing, including sleep, self-care, and dealing with change.</p>	<p>Website: https://www.nhs.uk/every-mind-matters/</p>	All age groups
<p>Kooth free, safe and anonymous online mental wellbeing community, accredited by the British Association for Counselling and Psychotherapy. It includes:</p> <ul style="list-style-type: none"> • a magazine • discussion boards • messages or live chat with their team • a daily journal you can fill in 	<p>Website: https://www.kooth.com/</p>	All age groups
<p>Now and Beyond the UK's first multidisciplinary directory for children and young people's mental health and wellbeing providers. Includes information about locally available services.</p>	<p>Website: https://nowandbeyond.org.uk/help-and-support</p>	All age ranges
<p>The Think Ninja (freely available and adapted for COVID-19) app educates children and young people about mental health, emotional wellbeing and provide skills young people can use to build resilience and stay well.</p>	<p>App: https://www.nhs.uk/apps-library/thinkninja/</p>	10 to 18 year olds
<p>Young Minds offers online information on COVID-19 and mental health for children and young people.</p>	<p>Website: https://youngminds.org.uk Text: YM to 85258</p>	All age groups

Bereavement

Summary of support	How to contact	Age range
Anna Freud National Centre for Children and Families provide support to children and young people dealing with loss and bereavement and signposts to bereavement organisations and local support.	Websites: https://www.annafreud.org/on-my-mind/dealing-with-loss-and-bereavement/ Text: AFC to 85258	All age groups
Hope Again is the youth website of Cruse Bereavement Care. It is a safe place where children and young people can learn from other young people, how to cope with grief, and feel less alone.	Website: https://www.cruse.org.uk/get-help/for-parents Phone: 0808 808 1677	All age groups
The Childhood Bereavement Network includes content specific to COVID-19 with a hub for professionals supporting bereaved children.	Website: http://www.childhoodbereavementnetwork.org.uk/schools.aspx	All age groups

Bullying

Summary of support	How to contact	Age range
Anti-Bullying Alliance are a unique coalition of organisations and individuals, working together to achieve our vision to stop bullying and create safer environments in which children and young people can live, grow, play and learn. They provide expertise in relation to all forms of bullying between children and young people.	Website: https://www.anti-bullyingalliance.org.uk/tools-information	All age ranges
ChildLine have a designated page for bullying issues that includes a new video about building up your confidence after bullying.	Website and online chat: https://www.childline.org.uk Phone: 0800 1111	All age ranges
Ditch the Label is a global youth charity, here to help young people aged 12 to 25 navigate the issues affecting them the most; from mental health and bullying to identity, Asian hate crimes and relationships.	Website and online forum: https://www.ditchthelabel.org/	12 to 25 years
Educational Action Challenging Homophobia (EACH) offers advice and support online for children experiencing	Website: http://each.education/homophobic-transphobic-helpline	All age ranges

homophobic, biphobic or transphobic bullying or harassment.	Phone: 0808 1000 143 open Monday to Friday 10am to 5pm.	
Kidscape has advice and practical tips on dealing with bullying and cyberbullying and ways for young people to build their confidence.	Website: https://www.kidscape.org.uk/advice/advice-for-young-people/	All age ranges
Young Minds offers online information and advice on bullying for children and young people.	Website: https://youngminds.org.uk/first-help/feelings-and-symptoms/bullying/ Text: YM to 85258	All age ranges

Sleep problems

Summary of support	How to contact	Age range
Every Mind Matters have expert advice and practical tips to help you look after your mental health and wellbeing, including sleep, self-care, and dealing with change.	Website: https://www.nhs.uk/every-mind-matters/	All age groups
Teen Sleep Hub offers advice, support and tips on achieving a good night's sleep.	Website: https://teensleephub.org.uk	Teens
Young Minds offers online information, advice and tips for children and young people having issues with sleep and how to get help.	Website: https://youngminds.org.uk/first-help/feelings-and-symptoms/sleep-problems Text: YM to 85258	All age groups

Transitions

Summary of support	How to contact	Age range
BBC Bitesize offers support, advice and tips to children and young people on starting primary school, secondary school and options for college and university.	Websites: https://www.bbc.co.uk/bitesize/collections/starting-primary-school/1	All age groups

	https://www.bbc.co.uk/bitesize/tags/zh4wy9q/starting-secondary-school/1 https://www.bbc.co.uk/bitesize/collections/college-and-apprenticeships/1	
Charlie Waller Trust have support, advice and tips for young people starting sixth form, college and university	Website: https://charliewaller.org/student	16+
Every Mind Matters have expert advice and practical tips to help you look after your mental health and wellbeing, including sleep, self-care, and dealing with change.	Website: https://www.nhs.uk/every-mind-matters/	All age groups
Student Space is here for students through coronavirus. Help and guidance is available. Explore a range of trusted information, services, and tools to help you with the challenges of student life.	Website and webchat: http://www.studentspace.org.uk/ Text: STUDENT to 85258 You can also use their search tool to find the services available at your university.	18 to 21 years
The Mix offers advice and support for young people returning to university after lockdown.	Website and online chat: https://www.themix.org.uk/work-and-study/student-life/what-will-student-life-be-like-this-year-37764.html Text: THEMIX to 85258 Phone: 0808 808 4994	18 to 21 years
Young Minds provides a way young people can look after themselves whilst being at university.	Website: https://youngminds.org.uk/finding-help/looking-after-yourself/looking-after-yourself-at-uni/ Text: YM to 85258	18 to 21 years

Vulnerable children

Summary of support	How to contact	Age range
<p>Barnardo's See, Hear, Respond programme, focusses on finding and reaching out to vulnerable children around the country who are experiencing negative impacts on their health and wellbeing, as well as those at risk of harm.</p>	<p>Website: https://www.barnardos.org.uk/see-hear-respond</p>	<p>All age ranges</p>
<p>Everyone's Invited are a movement committed to eradicating rape culture. Trigger warning for the survivor testimonies: Rape and sexual assault abuse (physical, mental, emotional, verbal, sexual), eating disorders, self-harm, suicide or suicidal ideation, violence, child abuse and paedophilia.</p>	<p>Website: https://www.everyonesinvited.uk/</p>	<p>All age groups</p>
<p>Make Our Rights Reality is a movement of young people demanding our rights. It's coordinated by Youth Access – a charity working for the rights of every young person to be able to get support when and where they need it. Through the Make Our Rights Reality movement, young people have set up the Our Minds Our Future campaign to demand young people's right to mental health be met.</p>	<p>Website: https://makeourrightsreality.org.uk/</p>	<p>All age ranges</p>
<p>The Proud Trust is a lifesaving and life enhancing organisation that helps LGBT+ young people empower themselves, to make a positive change for themselves, and their communities.</p>	<p>Website: https://www.theproudtrust.org/</p>	<p>All age ranges</p>



Department
for Education

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