

# Online Mental Health Support

- Below, we have sign-posted information and guidance about the issues most commonly seen in school-aged children.
- The links will take you through to the most relevant page of the listed website. Some pages are aimed primarily at parents, carers and guardians but they are listed here because we think they are useful for school staff too.
- Support on all these issues can be accessed via Young Minds (<https://www.youngminds.org.uk>),
- (<https://www.mind.org.uk>) and for e-learning opportunities Minded (<https://www.minded.org.uk>).
- [www.selfharm.co.uk/National](http://www.selfharm.co.uk/National)
- [www.nshn.co.uk/](http://www.nshn.co.uk/)
- [www.mind.org.uk/about-us/what-we-do/depression-alliance/](http://www.mind.org.uk/about-us/what-we-do/depression-alliance/)
- [www.anxietyuk.org.uk](http://www.anxietyuk.org.uk)