

Feelings & Emotions

View the codes on a phone or tablet camera to go straight to the websites ☺



MOOD SPARK
moodspark.org.uk
Learn how to look after your emotional & mental health and find ways to bounce back when life gets tough.



kooth
kooth.com
Free, safe & anonymous support for young people, with online counsellors available.



THE MIX
themix.org.uk
Here to help you take on any challenge you're facing. Talk to us online, on social media or on our free, confidential helpline.



YOUNGmINDS
youngminds.org.uk
Fighting for children and young people's mental health: Help & Information



KENT YOUTH & CHILD HEALTH
kentyouthhealth.nhs.uk
Info & advice for physical & mental health, emotions & relationships and where to go for help.



ChildLine
0800 1111
childline.org.uk/info-advice/your-feelings/feelings-emotions/building-confidence-self-esteem
Info & advice on building confidence & self-esteem. Childline is also a free, private & confidential service where you can talk about anything, anytime, online or on the phone.



Healthy & Unhealthy Relationships

Worried About Online Grooming?

DISRESPECT NOBODY
disrespectnobody.co.uk
Advice and support on any kind of relationship.



CLICK CEOP
Internet Safety
ceop.police.uk
To report online sexual abuse or the way someone has been communicating with you online.

