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Useful websites & links for children & young people

The Hideout

Has information and support for young victims of Domestic abuse - includes games, quizzes etc (separate areas for children and for teens)
www.thehideout.org.uk

Young Minds

Website with information and videos for young people about mental health.
<https://youngminds.org.uk>

Look under the 'find help' tab on the menu and select 'feelings and symptoms'. Here you will find information and videos about lots of different themes including-

- Anger
- Abuse
- Self-Harm
- Grief and Loss
- Body Image
- Problems at school
- Eating problems
- Sleep problems
- Suicidal feelings

Kooth

<https://www.kooth.com> provide free, confidential online support and counselling for children and young people.

Rise Above

Videos, Vlogs, games etc to support young people's wellbeing
<https://riseabove.org.uk/>

Every Action Has Consequences

is a local charity in memory of Adam Rogers, which aims to help young people to overcome difficult situations without using violence. Their video 'Jack and the detective' is about anger and violence and is useful for children age approx. 9-11. <http://www.eahconsequences.com>