

WELL BEING SUPPORT FOR STUDENTS



Here are two websites that maybe useful to for parents/carers and students with regard emotional well-being.

The Anna Freud site is has a designated area for parents and carers.

Providing a range of different types of support for children, young people, parents and their families. These include:

- Adolescents with low mood or depression
- Families in conflict following parental separation or divorce
- Children who have experienced potentially traumatic events; including domestic violence, abuse, neglect and traumatic bereavement
- Adoptive children and families
- Looked after children and foster carers
- Parents with low mood or depression
- Parents looking to better understand their child's behaviour

Anna Freud National Centre for Children and Families - Hampstead Site
12 Maresfield Gardens
London
NW3 5SU Tel: 020 7794 2313E: info@annafreud.org

The kooth site has an online counsellor service that young people can access confidentially .

Free, safe and anonymous online support for young people

Monday – Friday 12pm – 10pm

Saturday – Sunday 6pm – 10pm <https://www.kooth.com/>

XenZone is a provider of online mental health services for children, young people and adults. Kooth, from XenZone, is an online counselling and emotional well-being platform for children and young people, accessible through mobile, tablet, desktop, and free at the point of use.

For more information about XenZone, please visit XENZONE.COM. If you're a parent looking for more information about Kooth, please email PARENTS@XENZONE.COM