

Esafety

<https://www.childnet.com/resources/star-sen-toolkit>

<https://www.anti-bullyingalliance.org.uk/tools-information/all-about-bullying/cyberbullying-0/cyberbullying-and-sendisability>

Be ready for the doctor

<http://www.docready.org/#/home>

What is CAMHs

<https://www.nhs.uk/using-the-nhs/nhs-services/mental-health-services/child-and-adolescent-mental-health-services-camhs/>

About Medications

<https://www.headmeds.org.uk/>

Mental Health charities and Information

[http://www.sane.org.uk/what we do/about sane/](http://www.sane.org.uk/what_we_do/about_sane/)

<https://youngminds.org.uk/>

<https://www.ocdaction.org.uk/>

<https://www.anxietyuk.org.uk/>

<https://www.ocduk.org/>

<https://www.studentminds.org.uk/>

<https://www.getconnected.org.uk/>

<http://www.youthaccess.org.uk/>

<https://www.annafreud.org/on-my-mind/youth-wellbeing/>

<https://www.childline.org.uk/info-advice/your-feelings/self-harm/>

<https://digital.nhs.uk/data-and-information/publications/statistical/mental-health-of-children-and-young-people-in-england/2017/2017#key-facts>