**YoungMinds**

[youngminds.org.uk](https://www.youngminds.org.uk/?gad_source=1&gclid=Cj0KCQjw6oi4BhD1ARIsAL6pox3vUwpXrDk5K-2a3QlXeOeztM0gljWbNRZMJktERJdqRxhLZIcHvjMaAmB4EALw_wcB)

A leading charity dedicated to children and young people's mental health, offering information, advice, and a parent helpline.

**Childline**

[childline.org.uk](https://www.childline.org.uk/)

A free, confidential service for children and young people to talk about any concerns they have, including mental health issues.

**Anna Freud Centre**

[annafreud.org](https://www.annafreud.org/)

Offers resources for both children and parents to support mental health and wellbeing.

**Place2Be**

[place2be.org.uk](https://www.place2be.org.uk/our-services/services-in-schools/mental-health-services-for-parents-and-carers/)

Provides mental health support in schools and resources for parents and teachers.

**MindEd**

[minded.org.uk](https://www.minded.org.uk/)

Offers free online learning to help adults support children and young people's mental health.

**NSPCC**

[nspcc.org.uk](https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/)

Offers support and advice on children's mental health, as well as resources for parents to help children cope with issues like anxiety.

**Kooth**

[kooth.com](https://www.kooth.com/)

A free, online mental health support platform for young people, offering access to counsellors and community forums.

**Mental Health Foundation**

[mentalhealth.org.uk](https://www.mentalhealth.org.uk/explore-mental-health)

Provides advice and information on children's mental health, as well as resources for parents and teachers.

**Barnardo's**

[barnardos.org.uk](https://mymentalhealth.barnardos.org.uk/)

A charity supporting children and young people with mental health needs through various programs and services.