



The Mental Health Support team are doing assemblies in school which focus on helping young people understand what Mental Health is, to check in with their own mental health using the continuum below, and how to keep their Mental Health healthy.



To compliment these assemblies, please find below a list of websites where you and your child can get further information, advice and support.

**Useful Links**

<https://elht.nhs.uk/services/east-lancashire-child-and-adolescent-services>

<https://www.kooth.com/>

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

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

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





