



# HELP & SUPPORT

*Useful links to support  
you & your child*



- [Childline](#) - a free, private and confidential service where you can talk about anything.
- [Kooth](#) - an online mental wellbeing community
- [ThinkuKnow](#) - education programme from NCA-CEOP, a UK organisation that protects children both online and offline.
- [Cruse](#) - Bereavement support for children and adults.
- [Refuge](#) - Domestic violence support and helpline.
- [Harmless](#) - Support to overcome issues related to self-harm and suicide.
- [Switchboard](#) - LGBT+ support and advice.