

# Year 11 Resilience and readiness

## Sources of support and further information



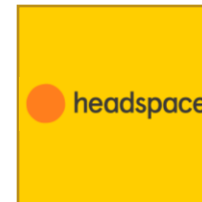
### **Calm**

App featuring meditations, stories, music and soundscapes to support relaxation



### **Childline**

Charity offering free and confidential support via phone, email and online chat



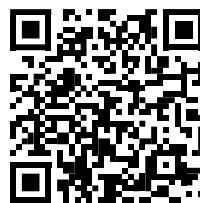
### **Headspace**

App featuring stories meditations, and mindfulness tools to support mental wellbeing



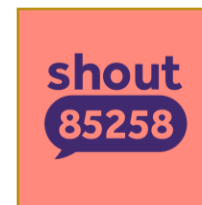
### **Kooth**

A anonymous online wellbeing service for young people, featuring online chat support



### **Mind**

Charity offering advice and support to anyone affected by a mental health problem



### **Shout**

Free, confidential, anonymous text service offering support to anyone struggling to cope



### **Stem4**

Charity promoting positive mental health in teenagers and offering relevant advice



### **The Mix**

Charity supporting young people in making informed choices about their wellbeing



### **Young Minds**

Charity working to support children and young people's mental health