**Useful Links for Parents/Carers and Kids**

<https://www.thinkuknow.co.uk/> Think u know is information for parents offering advice on e-safety.

<https://safenet.org.uk/> Support for parents and families on the issue of domestic abuse

<https://www.youngminds.org.uk/> Young Minds provides support and advice to children and young people about a variety of mental health issues

<https://web.ntw.nhs.uk/selfhelp/> Leaflets on Self-Help including anger, anxiety, alcohol, bereavement, abuse, depression, hearing voices, self-harm, sleep problems etc

<https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/> Pants underwear rule, separation and divorce, talking about racism etc

<https://reachmenscentre.com/> Based in South Sefton they provide a range of services aimed at reducing social isolation and improving the mental health of men in the area.

<https://seansplace.org.uk/> Sean’s Place is a Mental Health and Wellbeing centre providing free mental health and wellbeing support to men in Sefton/Liverpool.

<https://www.venuscharity.org/> is an organisation for women, families, children and young people and homeless people with multiple and complex needs. We offer support, advice, information including wellbeing support, drop-in, counselling, therapeutic groups and sessions, supported accommodation, debt advice, benefits advice and housing advice

<https://www.kooth.com/> Kooth is a free, safe, and anonymous online mental health service commissioned across the UK by the NHS, Local Authorities and Charities to provide free online mental health support to young people aged 11 to 25

If you need any other type of support call school on 0151 934 2992/2 and please ask us