

FREE RESOURCES & SUPPORT

For Children:

Kooth

Free, safe and anonymous online support for young people.
www.kooth.com

MeeTwo

MeeTwo is an award winning free fully moderated app for young people, which provides peer support, expert help, inbuilt educational and creative resources as well as in app links to UK charities and helplines. www.meetwo.co.uk

Childline

Free, private and confidential service where children and young people can talk to a professional about anything.
www.childline.org.uk 0800 11 11

Resources and Activities for Families:

Twinkl

Download hub with lots of interactive activities and resource packs and teaching ideas for use at home. They're currently offering families a free one month membership.
www.twinkl.co.uk

ELSA Support

Resources you can download for home education.
www.elsa-support.co.uk

For Adults:

Samaritans

Telephone 116 123 www.samaritans.org

Mind

www.mind.org.uk

Call 01427 325 535
hello@think2speak.com
www.think2speak.com