

## HEALTH, WELLBEING & SUPPORT GROUPS

<p>AnxietyUK <a href="http://www.anxietyuk.org.uk">www.anxietyuk.org.uk</a></p> <p>Asthma Helpline <a href="http://www.asthma.org.uk">www.asthma.org.uk</a></p> <p>Beat-eating disorders <a href="http://www.beateatingdisorders.org.uk">www.beateatingdisorders.org.uk</a></p> <p>CALM <a href="http://www.thecalmzone.net">www.thecalmzone.net</a></p> <p>Carers Trust <a href="http://www.carers.org">www.carers.org</a></p> <p>CEOP Ceop.police.uk 08700003344</p> <p>Childline <a href="http://www.childline.org.uk">www.childline.org.uk</a></p> <p>Childnet International <a href="http://www.childnet.com">www.childnet.com</a></p> <p>Crimestoppers <a href="http://www.crimestoppers-uk.org">www.crimestoppers-uk.org</a></p> <p>Drinkaware <a href="http://www.drinkaware.co.uk">www.drinkaware.co.uk</a></p> <p>Frank Drug Helpline <a href="http://www.talktofrank.com">www.talktofrank.com</a></p> <p>Harmless <a href="http://www.harmless.org.uk">www.harmless.org.uk</a></p> <p>Hope Again <a href="http://www.hopeagain.org.uk">www.hopeagain.org.uk</a></p> <p>Kooth <a href="http://www.kooth.com">www.kooth.com</a></p> <p>Lifesigns <a href="http://www.lifesigns.org.uk">www.lifesigns.org.uk</a></p> <p>Macmillan Cancer Support <a href="http://www.macmillan.org.uk">www.macmillan.org.uk</a></p> <p>Mind <a href="http://www.mind.org.uk">www.mind.org.uk</a></p> <p>Missing People <a href="http://www.missingpeople.org.uk">www.missingpeople.org.uk</a></p>	<p>National Bullying Helpline <a href="http://www.bullying.co.uk">www.bullying.co.uk</a> 0845 2255787</p> <p>National Youth Agency <a href="http://www.nya.org.uk">www.nya.org.uk</a></p> <p>NHS Choices <a href="http://www.nhs.uk">www.nhs.uk</a></p> <p>Rape and Sexual Abuse <a href="http://www.rapecrisis.org.uk">www.rapecrisis.org.uk</a></p> <p>Relate <a href="http://www.relate.org.uk">www.relate.org.uk</a></p> <p>Samaritans <a href="http://www.samaritans.org">www.samaritans.org</a></p> <p>Shelter <a href="http://www.shelter.org.uk">www.shelter.org.uk</a></p> <p>The Hideout <a href="http://www.thehideout.org.uk">www.thehideout.org.uk</a></p> <p>The Mix <a href="http://www.themix.org.uk">www.themix.org.uk</a></p> <p>Victim Support <a href="http://www.victimsupport.org.uk">www.victimsupport.org.uk</a></p> <p>Young Minds <a href="http://www.youngminds.org.uk">www.youngminds.org.uk</a></p>
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### HELPFUL APPS

<p>Mindshift <a href="http://www.anxietybc.com/resources/mindshift-app">www.anxietybc.com/resources/mindshift-app</a></p> <p>Moodkit <a href="http://www.thriveport.com/products/moodkit/">www.thriveport.com/products/moodkit/</a></p> <p>For Me <a href="http://www.childline.org.uk/toolbox/for-me/">www.childline.org.uk/toolbox/for-me/</a></p> <p>Headspace <a href="http://www.headspace.com">www.headspace.com</a></p> <p>Calm Harm <a href="http://www.stem4.org.uk/calmharm/">www.stem4.org.uk/calmharm/</a></p>
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## FINANCIAL

<p><a href="http://www.gov.uk/student-finance">www.gov.uk/student-finance</a></p> <p><a href="http://www.gov.uk/education">www.gov.uk/education</a></p> <p><a href="http://www.moneyadviceservice.org.uk/en/corporate/young-people-and-money-toolkit-yphub">www.moneyadviceservice.org.uk/en/corporate/young-people-and-money-toolkit-yphub</a></p> <p><a href="http://www.moneysavingexpert.com/financial-education">www.moneysavingexpert.com/financial-education</a></p> <p><a href="http://www.natwest.mymoneysense.com/home/">www.natwest.mymoneysense.com/home/</a></p> <p><a href="http://www.turn2us.org.uk">www.turn2us.org.uk</a></p>
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## EMPLOYMENT

<p><a href="http://www.allaboutcarees.com">www.allaboutcarees.com</a></p> <p><a href="http://www.gov.uk/topic/further-education-skills/apprenticeships">www.gov.uk/topic/further-education-skills/apprenticeships</a></p> <p><a href="http://www.indeed.co.uk">www.indeed.co.uk</a></p> <p><a href="http://www.notgoingtouni.co.uk">www.notgoingtouni.co.uk</a></p> <p><a href="http://www.prospects.ac.uk">www.prospects.ac.uk</a></p> <p>nationalcareersservice.direct.gov</p>
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## VOLUNTEERING

<p>Do It <a href="http://www.do-it.org">www.do-it.org</a></p> <p>GVI <a href="http://www.gvi.co.uk">www.gvi.co.uk</a></p> <p>ISV <a href="http://www.isvolunteers.org">www.isvolunteers.org</a></p> <p>NCVO <a href="http://www.ncvo.org.uk/ncvo-volunteering">www.ncvo.org.uk/ncvo-volunteering</a></p> <p>Time Bank <a href="http://www.timebank.org.uk">www.timebank.org.uk</a></p> <p>Vinspired <a href="http://www.vinspired.com">www.vinspired.com</a></p> <p>Volunteering Matters <a href="http://www.volunteeringmatters.org.uk">www.volunteeringmatters.org.uk</a></p> <p>Voluntary Services Overseas <a href="http://www.vsointernational.org">www.vsointernational.org</a></p>
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## YOUTH INVOLVEMENT/PARTICIPATION

<p>British Youth Council <a href="http://www.byc.org.uk">www.byc.org.uk</a></p> <p>Coram Voice <a href="http://www.coramvoice.org.uk">www.coramvoice.org.uk</a></p> <p>Medway Youth Council <a href="http://www.medwayyouthcouncil.co.uk">www.medwayyouthcouncil.co.uk</a></p>	<p>Student Action for Refugees <a href="http://www.star-network.org.uk">www.star-network.org.uk</a></p> <p>UK Youth Ambassadors <a href="http://www.ukya.org.uk">www.ukya.org.uk</a></p> <p>You Think <a href="http://blogs.worldbank.org/youththink">blogs.worldbank.org/youththink</a></p>
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## UCAS

<p><a href="http://www.ucas.org.uk">www.ucas.org.uk</a></p> <p>0371 468 0 468</p>
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