

Childline - Free, private and confidential help for young people in the UK

www.childline.org.uk/

0800 1111

Y.E.S - Colchester & Tendring Supporting Young People

<https://www.yesyouthenquiryservice.org/>

Teentalk - Supporting young people in the Tendring area

<http://www.teentalkharwich.co.uk/indexmain.php>

First Aid training

British Red Cross - Learn First Aid

<https://www.redcross.org.uk/first-aid/learn-first-aid>

Mental health

Provide - Outstanding services that care, nurture and empower individuals and communities to live better lives.

<https://www.provide.org.uk/>

Rethink mental illnesses - Our goal is a better life for everyone affected by mental illness.

<https://www.rethink.org/living-with-mental-illness/young-people>

Kooth - Online counselling and wellbeing

<https://kooth.com/>

E-Safety

Internet matters - E safety advice

<https://www.internetmatters.org/advice/>

<https://www.getsafeonline.org/> for other online safety information.

Think U Know - www.thinkuknow.co.uk

Internet Watch Foundation - www.iwf.org.uk

Cybersmile - www.cybersmile.org