





# Where can I get advice and support?

<p><b>Mental Health</b></p>  <p><a href="https://stem4.org.uk/">https://stem4.org.uk/</a></p>  <p><a href="https://youngminds.org.uk/">https://youngminds.org.uk/</a></p>  <p><a href="https://www.mind.org.uk/">https://www.mind.org.uk/</a></p>  <p><a href="https://www.minded.org.uk/">https://www.minded.org.uk/</a></p>	<p><b>Online safety</b></p>  <p><a href="https://www.childnet.com/young-people/secondary">https://www.childnet.com/young-people/secondary</a></p>  <p><a href="https://www.thinkuknow.co.uk/parents/">https://www.thinkuknow.co.uk/parents/</a></p>	<p><b>Healthy eating and body positivity</b></p>  <p><a href="https://www.dove.com/uk/dove-self-esteem-project.html">https://www.dove.com/uk/dove-self-esteem-project.html</a></p>  <p><a href="https://www.nhs.uk/change4life">https://www.nhs.uk/change4life</a></p>	<p><b>LGBTQ+</b></p>  <p><a href="https://www.youngstonewall.org.uk/">https://www.youngstonewall.org.uk/</a></p>  <p><a href="https://www.justlikeus.org/">https://www.justlikeus.org/</a></p>  <p><a href="https://mermaidsuk.org.uk/">https://mermaidsuk.org.uk/</a></p>  <p><a href="https://www.allsortsyouth.org.uk/">https://www.allsortsyouth.org.uk/</a></p>	<p><b>Bullying and Gangs</b></p>  <p><a href="https://www.childline.org.uk/">https://www.childline.org.uk/</a></p>  <p><a href="https://www.fearless.org/">https://www.fearless.org/</a></p>	<p><b>For a variety of concerns</b></p>  <p><a href="https://www.nspcc.org.uk/">https://www.nspcc.org.uk/</a></p>  <p><a href="https://www.barnardos.org.uk/">https://www.barnardos.org.uk/</a></p>  <p><a href="https://www.surreycc.gov.uk/people-and-community/families">https://www.surreycc.gov.uk/people-and-community/families</a></p>
 <p><a href="https://www.place2be.org.uk/">https://www.place2be.org.uk/</a></p>  <p><a href="https://www.kooth.com/">https://www.kooth.com/</a></p>	<p><b>Drugs</b></p>  <p><a href="https://www.talktofrank.com/">https://www.talktofrank.com/</a></p>	<p><b>Eating Disorders</b></p>  <p><a href="https://www.beateatingdisorders.org.uk/">https://www.beateatingdisorders.org.uk/</a></p>	<p><b>Domestic Abuse and Violence</b></p>  <p><a href="https://www.womensaid.org.uk/">https://www.womensaid.org.uk/</a></p>  <p><a href="http://thehideout.org.uk/">http://thehideout.org.uk/</a></p>	<p><b>Sex and Relationships</b></p>  <p><a href="https://www.brook.org.uk/">https://www.brook.org.uk/</a></p>  <p><a href="https://www.relate.org.uk/">https://www.relate.org.uk/</a></p>	 <p><a href="https://www.cyphaven.net/">https://www.cyphaven.net/</a></p>