

Safe and Well Links

- The Mix – offer a helpline and digital support for young people across a range of issues
<https://www.themix.org.uk/get-support>
- Young Minds – online information and social channels for young people and also guidance for parents/carers
www.youngminds.org.uk/coronavirus www.youngminds.org.uk/coronavirus-parents
- Action for Happiness – offer a range of support materials to support positive outlooks and wider mental health advice and guidance
<https://www.actionforhappiness.org/>
- Mindspace – a local organisation who work with young people in Barnsley offering a safe space to discuss their mental well being
<https://wearemindspace.com/>

More general support and guidance can be accessed through the following sites:

- www.kidsmart.org.uk
- www.thinkuknow.co.uk
- www.getsafeonline.org.uk
- <https://www.anti-bullyingalliance.org.uk>
- <https://www.childline.org.uk/>
- <https://www.nspcc.org.uk/>
- <https://www.barnardos.org.uk/>

Information with regards to CV19 and the NHS Test and Trace system can be best located using the following link and we would recommend that you liaise with your GP if you have any concerns:

- <https://www.nhs.uk/conditions/coronavirus-covid-19/>