

Summer Holiday mental health and wellbeing Support:

This is a reminder that there are lots of places you can go to for support with your wellbeing and mental health. I know we have told you about these in assemblies/Wellbeing Wednesdays/parent bulletins/school website etc. over the year, but I wanted to make sure that you have everything in one place for the summer holidays.

There are some good online support organisations. Check the wellbeing notice board outside the main hall for some details, and see below for the links:

If it's an emergency or you need urgent help

- If you or someone else is in danger, call [999](#) or go to A&E now
- If you need help urgently for your mental health, but it's not an emergency, [get help from NHS 111 online](#) or call [111](#)

Your mental health is as important as your physical health. You will not be wasting anyone's time.

Online support for mental Health:

[On My Mind | Resources for Young People | Anna Freud Centre](#)

[Free Help & Counselling for Young People | Cambridgeshire, Peterborough \(centre33.org.uk\)](#)

<https://chathealth.nhs.uk/>

[Getting Ready for Change - information for young people \(cambcommunityservices.nhs.uk\)](#)

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

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

<https://embracevoc.org.uk/>

[WhatsUp? home mental health wellbeing app \(thewhatsupapp.co.uk\)](#)

[Mental health services - NHS \(www.nhs.uk\)](#)

Young Carer Support:

[Young Carers Given a Summer Break by Carers Trust Cambridgeshire - Caring Together](#)

Support aimed at parents:

[Parents and Carers | Advice and Guidance | Anna Freud Centre](#)

[Children's mental health - Every Mind Matters - NHS \(www.nhs.uk\)](#)

[Parents Mental Health Support | Advice for Your Child | YoungMinds](#)

[Mental health services - NHS \(www.nhs.uk\)](#)

[Free Help & Counselling for Young People | Cambridgeshire, Peterborough \(centre33.org.uk\)](#)

Books:

[CAM-External Sharing - Library WellBeing Resources.pdf - All Documents \(sharepoint.com\)](#)

[Library Wellbeing Resources \(sharepoint.com\)](#)

School Website:

[Well-Being - Cambourne Village College \(cambournevc.org\)](#)