

## Digital Wellbeing for those age 16 +



<https://www.mentalhealth.org.uk/coronavirus?bblinkid=243457608&bbemailid=24563177&bbeirid=1658684054> - General Mental Health in Covid 19

[https://www.youtube.com/watch?v=w\\_bmCKMrLYs](https://www.youtube.com/watch?v=w_bmCKMrLYs) – Mindfulness

<https://www.studentminds.org.uk/examstress.html> - Exam Stress

<https://www.talktofrank.com/> - Talk to Frank

<https://www.nhs.uk/live-well/healthy-body/drug-addiction-getting-help/> - NHS Support

<https://www.cais.co.uk/> - Drug and Alcohol support

<https://www.drugwise.org.uk/> - Substances info

<https://www.bbc.co.uk/bitesize> - School Work

<https://www.youtube.com/watch?v=UkPfe2LpF20> – Energy Drinks

<http://www.vivalgbt.co.uk/> - LGBTQ+

<https://youngminds.org.uk/find-help/feelings-and-symptoms/bullying/> - Bullying Support

<https://youngminds.org.uk/> - General Support

<https://www.nspcc.org.uk/> - Young Peoples Support

<https://www.childline.org.uk/> - Young Peoples Support

<https://bcuhb.nhs.wales/health-advice/5-ways-to-wellbeing/> - 5 Ways To WellBeing

<http://youngwrexham.co.uk/> - Wrexham Youth Services.

<https://www.griefencounter.org.uk/> - Bereavement advice

<https://www.kooth.com/> - Mental Health Support

<https://www.papyrus-uk.org/> - Suicide Prevention

<https://www.actiononaddiction.org.uk/news/latest-news/children-of-addicted-parents> - Children of Parent Dependant on Substances

<https://www.nightline.ac.uk/> - Support for Students in College and University

<http://www.ymca.org.uk/> - Housing Support