
Extra Information

Should you ever need more information on any of these topics, check out these websites and don't hesitate to talk to a carer, social worker or another adult you trust.

For Mental Health Concerns:
Young Minds
www.youngminds.org.uk/

If you have, or know someone else experiencing domestic violence:
The Hideout
www.thehideout.org.uk/

If you're worried about online safety:
www.ceopeducation.co.uk

For information about drugs and alcohol:
Talk to Frank
www.talktofrank.com
0300 123 6600

For info on topics ranging from sexual health to exam stress:
The mix (16-25 year olds)
www.themix.org.uk **freephone: 0808 808 4994**

