

Useful websites to assist schools to access information on mental health and wellbeing.

# Pupils' Emotional Health and Wellbeing

[www.bbc.co.uk/health](http://www.bbc.co.uk/health)

BBC website which provides information on a wide range of health issues, and includes a link to 'Headroom' which encourages people to look after their mental wellbeing.

[www.childline.org.uk](http://www.childline.org.uk)

A website principally for children, it provides information about issues facing children, and refers children to the telephone helpline and online service.

[www.cruseni.org](http://www.cruseni.org)

A website which provides information on a range of services and support to anyone in Northern Ireland affected by death.

[www.crusebereavementcare.org.uk](http://www.crusebereavementcare.org.uk)

The Cruse Bereavement Care website has a section designed specifically for schools which provides information on the impact of bereavement, changes in behaviour, supporting a return to school etc.

[www.drugsalcohol.info](http://www.drugsalcohol.info)

A regional website designed for professionals in Northern Ireland, it provides a range of information on drugs and alcohol as well as news, events, statistics, research and services available.

[www.fasaonline.org](http://www.fasaonline.org)

A website designed principally for young people, but also containing information for parents and carers on drugs and suicide and self-harm.

[www.help4kids.co.uk](http://www.help4kids.co.uk)

This website is for children, young people, their families and professionals on a range of issues including self harm, inappropriate sexual behaviour, alcohol misuse, eating problems etc.

[www.lighthouseireland.org](http://www.lighthouseireland.org)

A website designed principally for those at risk of suicide and self-harm and those caring for them, this website also includes useful information on children's bereavement, understanding suicide, depression, grief etc.

[www.mindingyourhead.info](http://www.mindingyourhead.info)

A website for those who are worried about poor mental health, either their own or that of someone else. It discusses how the symptoms of a potential mental health problem can be spotted and suggests some simple ways to stay mentally healthy.

[www.niabf.org.uk](http://www.niabf.org.uk)

Website of the NI Anti-Bullying Forum, this provides a range of information on bullying, including a specific section dedicated to schools.



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[www.nidirect.gov.uk](http://www.nidirect.gov.uk)

The official Government website for NI citizens. It provides information on a wide range of issues affecting young people including learning, careers, health, money, relationships and rights.

[www.nspcc.org.uk/inform](http://www.nspcc.org.uk/inform)

A specific section for professionals provides information on a wide range of child protection and emotional health issues.

[www.publichealth.hscni.net](http://www.publichealth.hscni.net)

Website of the Public Health Agency (incorporating the Health Promotion Agency), this provides a range of information on subjects such as drugs and alcohol, sex and relationships, smoking etc.

[www.rcpsych.ac.uk](http://www.rcpsych.ac.uk)

Website of the Royal College of Psychiatrists, this provides comprehensive information in its Health Info section on a very wide range of issues relating to mental health.

[www.samaritans.org](http://www.samaritans.org)

This website provides information on a range of mental health issues and outlines resources they have for schools.

[www.suicideawareness.co.uk](http://www.suicideawareness.co.uk)

This website provides information to those affected by suicide and helps raise suicide awareness and prevention.

[www.thinkitthrough.org.uk](http://www.thinkitthrough.org.uk)

A website of the Public Health Agency, this gives information on sex and relationships as well as a list of useful contacts in NI.

[www.up-2-you.net](http://www.up-2-you.net)

An interactive website designed for young people, it provides information on smoking, drugs, alcohol and mental health, as well as posting competitions. Also useful for professionals.

[www.youngminds.org.uk](http://www.youngminds.org.uk)

This website provides useful information on emotional health and wellbeing of children and young people, and has separate sections specifically designed for children, young people, parents and professionals.

[www.communityworksonline.com](http://www.communityworksonline.com)

[www.counselling4youth.co.uk](http://www.counselling4youth.co.uk)

[www.newlifecounselling.net](http://www.newlifecounselling.net)

[www.barnardos.org.uk](http://www.barnardos.org.uk)

**An Independent Counselling Service for Schools (ICSS).**

These organisations provide access to independent, confidential counselling for young people within school.

