



Clifton High School

co-educational nursery pre-school to sixth form

Mental Health and Wellbeing

[Anna Freud National Centre for Children and Families](#) - Collaborative work to improve support for children, young people and their families. Includes information on Mentally Healthy Schools.

[CALM](#) – The Campaign Against Living Miserably (CALM) is leading a movement against suicide

[Childline](#) - a free, private and confidential service for children under 19, where they can talk about anything.

[Epic Friends](#) - Helping children and young people to help their friends who might be struggling to cope emotionally.

[Family Lives](#) - Support for all aspects of family life that include all stages of a child's development, issues with schools and parenting/relationship support. They also respond when life becomes more complicated and provide support around family breakdown, aggression in the home, bullying, teenage risky behaviour and mental health concerns of both parents and their children.

[Gingerbread](#) - single parents can find relevant, up-to-date information to support single parent families.

[Kooth](#) - Support for young people aged 11-25 from a team of highly qualified and experienced counsellors and support workers. Free, confidential, safe and anonymous.

[Mental Health Foundation](#) - The Mental Health Foundation has been the UK's leading charity for everyone's mental health. With prevention at the heart of what they do, they aim to find and address the sources of mental health problems so that people and communities can thrive.

[Mind](#) - Advice and support to empower anyone experiencing a mental health problem. We campaign to improve services, raise awareness and promote understanding.

[MindEd](#) - A free educational resource on children and young people's mental health for all adults.

[NHS/My Mind](#) - A website for young people, parents, and professionals working with children and young people. Information about looking after mental health and help and support.

[NHS/Every Mind Matters](#) - Expert advice and practical tips to help you look after your mental health and wellbeing.

[Self Injury Support](#) - focus on improving support and knowledge around self-injury

[Stem for Education](#) - a charity that promotes positive mental health in teenagers and those who support them including their families and carers, education professionals, as well as school nurses and GPs through the provision of mental health education, resilience strategies and early intervention.

The Diamond Edge Model  Realising Individual Brilliance

College Road, Clifton, Bristol BS8 3JD School Office: 0117 973 0201 Admissions: 0117 933 9087
email: enquiries@cliftonhigh.co.uk | web: www.cliftonhigh.co.uk

Clifton High School is committed to child protection and safeguarding children and young people and expects all staff, visitors and volunteers to share this commitment.
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[Student Minds](#) - The UK's student mental health charity. They empower students and members of the university community to develop the knowledge, confidence and skills to look after their own mental health, support others and create change.

[Togetherall](#) (formerly Big White Wall) - An anonymous online community where members can support each other. For people with anxiety, depression and other common mental health issues.

[The Children's Society](#) - Resource Vault - Advice on a range of mental health issues for children and young people.

[The Mix](#) - the UK's leading support service for young people. We are here to help you take on any challenge you're facing - from mental health to money, from homelessness to finding a job, from break-ups to drugs. Talk to us via our online community, on social, through our free, confidential helpline or our counselling service.

[Young Minds](#) - the UK's leading charity fighting for children and young people's mental health.

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