

Mental Health Wheel

To navigate - click on each wedge.



YOUNGMINDS

Mindworks
Surrey

Kooth

Childline
0800 1111

headspace

shout
85258

BARNARDOS

BRECK
FOUNDATION

To navigate - click on each wedge.



Barnardo's UK supports parents through services that strengthen family life. They offer guidance on child development, behaviour, and relationships, alongside help for financial hardship, mental health challenges, and disability support.

Through workshops, counselling, and outreach, they help parents build resilience and create a brighter future for their children, ensuring every child has the support they need to thrive.

[Click here to find out more](#)



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NESSSS Values:

Integrity

Respect

Perseverance

The Breck Bednar Foundation helps parents protect children from online dangers like grooming and cyberbullying. It offers resources on spotting exploitation and building safer digital habits.

Through workshops, webinars, and outreach, the foundation empowers parents with digital safety knowledge. It also promotes open communication to ensure children stay safe online.

[Click here to find out more](#)



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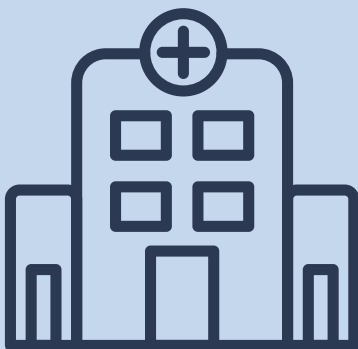
Respect

Perseverance

The National Autistic Society (NAS) supports parents of autistic children with expert advice on diagnosis, education, and behaviour. It offers guidance on healthcare, social care, and understanding autism.

Parents can join support groups, forums, and workshops to connect and share experiences. NAS also provides tools to help parents advocate for their child's rights, ensuring they get the support they deserve.

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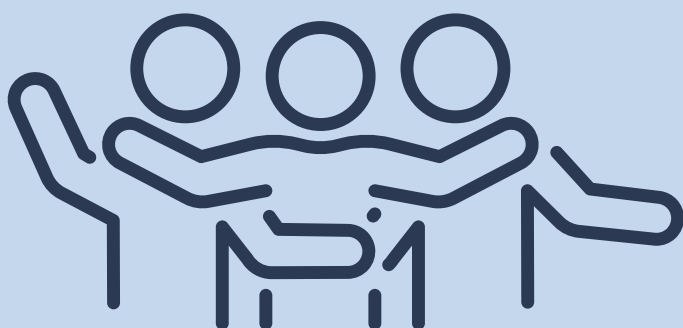
Respect

Perseverance

Young Minds supports parents of children facing mental health challenges, offering expert advice on conditions like anxiety, depression, and self-harm. Their website provides practical resources, guides, and tools to help parents navigate conversations and seek professional help.

They also offer a confidential helpline and work to raise awareness, ensuring parents feel informed and supported in their child's well-being.

[Click here to find out more](#)



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Surrey Mind Works supports parents of children facing mental health challenges, offering guidance on anxiety, depression, and stress. They provide tailored support, helping parents navigate local services.

With workshops, training, and resources, they empower parents to support their child's well-being. A confidential helpline also offers expert advice, ensuring parents feel confident in their child's mental health journey.

[Click here to find out more](#)



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Kooth.com provides free, confidential emotional support for children and young people facing mental health challenges. Through one-on-one chats with qualified counselors and a supportive community, it offers a safe space for discussing issues like anxiety, depression, self-harm, and relationships.

Kooth also offers self-help tools, resources, and articles, accessible 24/7 to promote well-being and emotional resilience in a non-judgmental environment.

[Click here to find out more](#)



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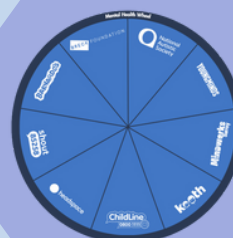
Perseverance



Childline offers confidential support to children facing issues like abuse, bullying, mental health struggles, and family problems. Through its free helpline, children can speak to trained counselors via phone, online chat, or email, providing a safe space for their concerns.

Available 24/7, **Childline** offers advice, emotional support, and resources to help children make informed decisions. The website also features self-help tools and guidance for navigating tough situations.

[Click here to find out more](#)



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Headspace supports children's mental well-being with mindfulness and meditation. It provides guided sessions to manage stress, anxiety, and emotions, as well as relaxation exercises and sleep aids.

Designed for younger users, it encourages emotional resilience and coping strategies, making mindfulness accessible and fun, helping children take control of their mental health.

[Click here to find out more](#)



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shout
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SHOUT is a free, confidential text service offering mental health support to people in crisis. Available 24/7, it connects users with trained volunteers who provide emotional support.

By texting "SHOUT" to a dedicated number, individuals can engage privately, making it ideal for those experiencing anxiety, depression, self-harm, or suicidal thoughts. **SHOUT** offers a safe, text-based space for seeking help.

[Click here to find out more](#)



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