

Bromley Wellbeing

<https://www.bromleywellbeingcyp.org/>

Under "Service Update" on the drop down menu across the top there is information and resources for parents / carers and for young people.

If you scroll further down on the homepage you can click on the "Self Help" arrow and this gives details of helplines that can be called.

Kooth

<https://www.kooth.com/>

Website with online support resources and counselling for young people to support with mental health