**Useful websites:**

**Kooth** https://kooth.com/ A confidential online service to support young people with their  mental health and emotional wellbeing;

**Keep Your Head**. http://www.keep-your-head.com/ A hub with links and Apps to help young  people cope with the pressures of life. (includes links to Bullying websites)

**NSPCC** http://nspcc.org.uk

**Centre 33** http://centre33.org.uk Free, confidential help for those aged 25 and under. Sexual  health, family problems, mental health, accommodation, money, benefits.

**NYAS** (National Youth Advocacy Service) www.nyas.net – Free independent advocacy  service for young people (looked after, care leavers and those subject to child protection in  Cambridgeshire, and looked after, care leavers only in Peterborough) Helpline 0808 808 1001;  help@nyas.net

**CAFCASS** (National Service - Children and Family Court Advisory and Support Service).  https://www.cafcass.gov.uk/grown-ups/professionals/resources-for-professionals/ Supportive materials available to engage with children and young people

**Cambridgeshire and Peterborough Domestic Abuse and Domestic Violence  Partnership**

https://www.cambsdasv.org.uk/website

**Calm Zone** https://www.childline.org.uk/toolbox/calm-zone/