

## Support for parents and carers – teenage wellbeing



Support and advice for parents on talking to their children about mental health

<https://www.time-to-change.org.uk/>



Support for gay, lesbian, bisexual and transgender people and their families

<https://www.stonewall.org.uk/>



Resources for adults about young people's mental health

<https://mindedforfamilies.org.uk/>



Information and support on sex and relationships

<https://www.brook.org.uk/>

# YOUNGMINDS

Support for young people with mental health problems

<https://youngminds.org.uk/>



Information and help for young people affected by eating disorders

<https://www.beateatingdisorders.org.uk/>



Advice on staying safe online, including a report function for use in cases where a young person has been a victim of internet abuse

<https://www.thinkuknow.co.uk/>



Support for people with learning disabilities

<https://www.mencap.org.uk/>