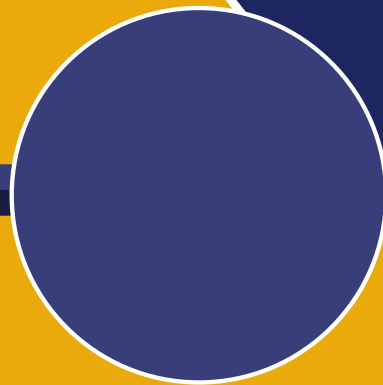


Children's Mental Health Week



Websites:

Give us a Shout - <https://giveusashout.org>

Healios - www.healios.org.uk/services/thinkninja1

Kooth - www.kooth.com

Mind - www.mindlinecumbria.org

Samaritans - www.samaritans.org

Time to Change - www.time-to-change.org.uk

Togetherall - <https://togetherall.com/en-gb/>

**Click the organisation
logos to visit their
website and resources**

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