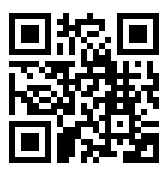
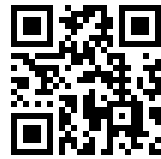




Support advice and information

	Young Minds: school anxiety Advice for parents on school anxiety, support at home and returning to school.		Liverpool CAMHS: Understanding EBSA and how families and schools can work together.
	Understanding EBSA: A parent guide to signs of EBSA and ways to support your child.		Action for Children: Practical advice when your child feels too anxious to attend school.
	Safeguarding Resource Hub National safeguarding resources		Hub of Hope Find local mental health services
	Kooth Online mental health support		YoungMinds Mental health support for young people
	YPAS Liverpool young people's support		MindEd Mental health information and learning

	ADDvanced Solutions Neurodevelopmental and SEND support		Samaritans 24/7 listening support: 116 123
	Harmless Self-harm information and support		Switchboard LGBT+ support and advice
	Kooth: Exam Stress Guide Downloadable PDF		Parent/carer training Bitesize mental health training PDF