

Wellbeing Support

It is very important that during these uncertain times, where anxiety maybe higher than usual, that you continue to feel equipped to support your loved ones.

The following links to Mental Health websites can offer information, advice and wellbeing support in the form of online counselling and psychoeducation.

These online services are particularly important for those parents and careers with pupils in weekly therapy, and who may wish to access these online services should sessions become disrupted.

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

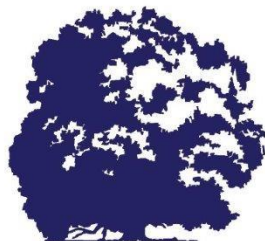
<https://www.qwell.io/>

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

<http://mindhub.wales/>

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

Helpful websites are not limited to this list, however there is a huge amount of information and advice on how to keep yourselves and your loved ones mentally well.



MUNTHAM HOUSE SCHOOL