### ****Please visit the links below to access lots of helpful information, regarding Mental Health and Wellbeing and Young People.****

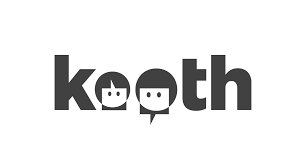
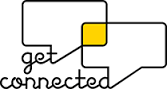
### ****Just click on the logo.****

[[](https://www.pathfinderwestsussex.org.uk/)](https://www.pathfinderwestsussex.org.uk/)                       [[](https://www.mind.org.uk/information-support/a-z-mental-health/)](https://www.mind.org.uk/information-support/a-z-mental-health/)                         [](https://www.westsussex.gov.uk/education-children-and-families/your-space/health/emotional-wellbeing-and-mental-health/youth-emotional-support-yes-service/)                              [](https://www.sussexcommunity.nhs.uk/services/servicedetails.htm?directoryID=22972)

Pathfinder - for better             Mind - Mental Health            YES - Youth mental wellbeing         Time to Talk - Health                                                                                            Emotional Support

[](https://www.sussexcommunity.nhs.uk/services/servicedetails.htm?DirectoryID=16358)                    [NHS Choices Logo](https://www.nhs.uk/)                   [](https://www.docready.org/#/home)                          [Your Space Logo](https://www.westsussex.gov.uk/education-children-and-families/your-space)

      Time to Talk               NHS Choices- General                    DocReady                            Your Space - General

[](https://kooth.com/)                [](https://youngminds.org.uk/?gclid=Cj0KEQiAl5u2BRC6yszC1_75v5wBEiQAD-hdz3zIKGWzFNbIfcJVACFwKiJtdiN-2zAwP3EPaNVUr1AaAj9O8P8HAQ)                     [](https://www.sexualhealthwestsussex.nhs.uk/c-card/)                                 [](https://www.getconnected.org.uk/)

Kooth - Online support           Young Minds - General                 C-Card-Sexual Health              Get Connected-Support

[](https://www.alcoholconcern.org.uk/)                         [](https://drinkcoach.org.uk/)                            [](http://www.sexualhealthwestsussex.nhs.uk/)                               [FRANK Logo](https://www.talktofrank.com/)

 Alcohol Concern                         Drink Coach             Sexual Health - Help,advice and clinics      Frank - Drug advice

[](http://www.nshn.co.uk/)                    [](https://www.westsussex.gov.uk/education-children-and-families/young-carers/)                      [](http://www.youthaccess.org.uk/)                         [](https://horsham.westsussexwellbeing.org.uk/)

NSHN - Support Forum      WS Young Carers - Support      Youth Access - Advice/Counselling       Horsham Wellbeing

[](http://www.gambleaware.co.uk/confidential-support-and-advice)              [Mood Juice Logo](https://www.moodjuice.scot.nhs.uk/mildmoderate/entry.asp)                      [Text School Nurse Logo](https://www.sussexcommunity.nhs.uk/news/virtualschool-textmessaging-service.htm)

Gambling Awareness           Mood Juice - Selfhelp     Text your School Nurse - 07480 635424