



# Support for children's mental health

## National organisations

### **Young Minds**

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

### **Place2Be**

<https://www.place2be.org.uk/>

### **Action for children (including 1:1 chat option)**

[https://parents.actionforchildren.org.uk/?\\_ga=2.90946714.1457276681.1668768127-2040038017.1668768127](https://parents.actionforchildren.org.uk/?_ga=2.90946714.1457276681.1668768127-2040038017.1668768127)

### **Mind**

<https://www.mind.org.uk/information-support/for-children-and-young-people/>

### **Anxiety UK**

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

### **Barnardos**

<https://www.barnardos.org.uk/what-we-do/helping-families/mental-health>

### **NSPCC**

<https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/>

## Local organisations

### **CAMHS**

<https://www.oxfordhealth.nhs.uk/camhs/>

### **Wycombe Mind**

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

### **Healthy Minds Buckinghamshire**

<https://www.oxfordhealth.nhs.uk/healthyminds/>

