

### Useful websites and resources

<a href="http://www.youngminds.org.uk">www.youngminds.org.uk</a>	Mental health charity for young people
<a href="http://www.childline.org.uk">www.childline.org.uk</a> 0800 1111	Confidential advice line
<a href="http://Sexualhealthblackburn.co.uk">Sexualhealthblackburn.co.uk</a>	Brook sexual health
ADHD Northwest 01254 886886	ADHD support for young people & their families
<a href="http://www.kooth.com">www.kooth.com</a>	Online mental health support