

**Just One Norfolk website:** <https://www.justonenorfolk.nhs.uk/>

A local resource providing advice on all aspects of life for a child/ young person. Specific information about emotional health for young people and parents. An App is also available.

**Young Minds website:** <https://youngminds.org.uk/>

Lots of information about young people's mental health, with various resources available. Parents' helpline also available.

**Childline website:** <https://www.childline.org.uk/>

Lots of advice for children, young people and parents/ carers. Plenty of ideas for activities too.