

Further Information and Support.

1a. Mental Health and Wellbeing.

[Wellbeing | Thomas Mills High School & Sixth Form](#) (lots of links to online support here)

[YoungMinds | Mental Health Charity For Children And Young People | YoungMinds](#)

[The Mix](#)

[Home - Kooth](#)

[Fall asleep faster and sleep better - Every Mind Matters - NHS](#)

Wellbeing apps (free to download and use but some have in-app purchases):

- **Calm Halm** – designed to help people resist the urge to self-harm through the completion of tasks.
- **Catch it** – turn negative thoughts into positive ones and improve wellbeing.
- **Sorted: Mental Health** – improve your thoughts, feelings, self-confidence and self-esteem using the principles of CBT.
- **My Possible Self** – learn how to manage fear, anxiety, stress and take control of your thoughts, feelings and behaviour.
- **Headspace** - meditation and Sleep – expert-led guide to mental health, mindfulness and meditation.
- **Worry Tree** – record, manage and problem solve your worries and anxiety based on CBT techniques

1b. Body Image.

[The Dove Self-Esteem Project | Dove](#)

Rise Up + Recover – an app for if you are struggling with food, dieting, exercise and body image.

2.Managing Stress

[Wellbeing | Thomas Mills High School & Sixth Form](#)

[We're Mind, the mental health charity | Mind](#)

[Mental health services - NHS](#)

[10 stress busters - NHS](#)

3. Consent.

[Rape Crisis England & Wales](#)

[Home - Victim Support](#)

[Sexual Health & Wellbeing - Brook](#)

4. Positive Relationships and Recognising Abuse.

[Tips for Dating and Building Healthy Relationships | YoungMinds](#)

[Healthy relationships | NSPCC](#)

[Home - Is This OK?](#)

[Galop - the LGBT+ anti-abuse charity](#)

[Home | ENOUGH](#)

5. Contraception and Sexual Health.

[Suffolk Sexual Health Service](#)

[iCaSH](#)

[Sexual health services - NHS](#)

[Sexual Health & Wellbeing - Brook](#)

6a. Personal Safety.

[Personal safety | Crimestoppers](#)

[Personal safety: how to stay safe | Metropolitan Police](#)

[Water Safety Advice And Tips - Know The Risks](#)

6b. Gangs and Knife Crime.

[Someone I know needs help | Metropolitan Police](#)

[Resources for young people | The Ben Kinsella Trust](#)

7a Drugs and Alcohol.

[Honest information about drugs | FRANK](#)

7b. First Aid.

[How to do CPR | St John Ambulance](#)

First aid by British Red Cross – A free and simple app that teaches vital first aid skills

8. Road Safety.

[THINK! – Road safety](#)

[GoDrive - NFCC version](#)

9. Online Safety.

[Have I Been Pwned: Check if your email address has been exposed in a data breach](#)

[Jigsaw | Phishing Quiz](#)

[What is Phishing? Take the OpenDNS Phishing Quiz](#)

[CEOP Safety Centre](#)

[Report Harmful Content - We Help You Remove Content](#)

[Top tips for staying secure online - NCSC.GOV.UK](#)

10. Living in a Diverse Society and Challenging Discrimination.

[Discrimination: your rights: Types of discrimination \('protected characteristics'\) - GOV.UK](#)

[What are the nine protected characteristics under the equality act 2010?](#)

[What can you do against prejudice? | Anne Frank House](#)

11. Misogyny.

[Home | ENOUGH](#)

[Refuge, the UK's largest specialist domestic abuse organisation](#)

12. Post-18 Options.

[Sixth Formers - Careers Guidance | Thomas Mills High School & Sixth Form](#)

[Post 18 options | National Careers Service](#)

13. Preparing for Work.

[Interview tips | National Careers Service](#)

[How to prepare for an interview | Indeed.com UK](#)

[How to Prepare For an Interview | 10 Step Guide | LifeSkills](#)

[How to write a CV | National Careers Service](#)

[Tips for writing the perfect CV | NatWest Group Careers](#)

[CV Advice - Youth Employment UK](#)

[Find and apply for jobs | Lloyds Bank Academy](#)

[Getting ready for work - JobHelp](#)

14. Workplace Conduct.

[Get ready for the workplace | Lloyds Bank Academy](#)

[How to prepare for work experience - Get Job Ready](#)