



## **Mental Health and Wellbeing Support**

Imago - a local charity providing support for families.

<https://www.imago.community/>

A list of websites to support families in the West Kent area.

<https://sway.office.com/X9OXDLm05WEDPBXM?ref=Link>

Anna Freud – a large national charity offering a wide range of support and resources.

<https://www.annafreud.org/>

A local mental health charity.

<https://westkentmind.org.uk/>

A website and app supporting children and teenagers with their mental health.

<https://www.kooth.com/>

A list of NHS services.

<https://www.nhs.uk/services/clinic/kent-talking-therapies/NDC07/departments-and-services>

NELFT – the NHS trust that supports mental health in Kent.

<https://www.nelft.nhs.uk/services-kent-children-young-peoples-mental-health>

Young Minds – a mental health support charity.

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

Good Mental Health Matters – a free resource to support mental health in Kent.

<https://goodmentalhealthmatters.com/>

Barnados – the charity has a range of support services.

<https://www.barnados.org.uk/get-support/services>