

Further Information and Support

This signposting document provides links to organisations that provide support, advice and resources for the issues relating to **HEALTH AND WELLBEING** explored in this year's Young Money Challenge.

A. YOUNG PEOPLE

Chat Health (NHS) ChatHealth

Access confidential help and advice. It's safe and easy to speak to a qualified health professional.

<https://chathealth.nhs.uk/>

The Children's Society

Find resources about mental health issues co-designed by young people and professionals [here](#)

www.childrenssociety.org.uk

Kooth

Access an online mental wellbeing community who provide safe and anonymous support.

www.kooth.com

B. PARENTS/CARERS

Gingerbread

Provides single parents with advice and practical support. You can call the Gingerbread Single Parent Helpline on 0808 802 0925

www.gingerbread.org.uk

Single Parents

Provides single parents with help advice and support.

www.singleparents.org.uk

Young Minds for Parents

Provides advice about mental health and behaviour problems in children and young people. You can call the parents' helpline on 0808 802 544

<https://youngminds.org.uk/find-help/for-parents/parents-helpline/>

C. TEACHERS, PRACTITIONERS, PARENTS/CARERS & YOUNG PEOPLE

Money

Young Money (part of Young Enterprise)

Access a wide range of tools and quality resources to support educators in formal and non-formal settings, parents/carers and children and young people themselves.

www.young-enterprise.org.uk/teachers-hub/resources/

Citizens Advice

Access free, confidential information and advice to assist with issues around money.

www.citizensadvice.org.uk

Mind

Find practical tips for managing your money and improving your mental health [here](#)

www.mind.org.uk

NHS

Find advice on how to cope with money worries [here](#)

www.nhs.uk

StepChange

Access free and confidential debt advice and money guidance.

www.stepchange.org

Further Information and Support

Mental Health

Royal College of Psychiatrists

Access information for young people, parents and carers about young people's mental health [here](#)

www.rcpsych.ac.uk

Relationships

Family Lives

Access information, advice, guidance and support on any aspect of parenting and family life. Their helpline number is 0808 800 2222

www.familylives.org.uk

Relate

Access relationship support including help for children and young people and help with family life and parenting.

www.relate.org.uk

THE FINANCIAL EDUCATION ADVISORY SERVICE

FINANCIAL
EDUCATION
ADVISORY SERVICE



Our FREE Advisory Service offers advice and guidance to anyone teaching children and young people about money- specialist education consultants use their experience to give practical advice and guidance about any aspect of financial education.

Our knowledge covers both primary and secondary phases as well as specialist subjects and special education needs.

We can also offer advice on assessment and impact, including ideas for enrichment days and the effective use of financial services volunteers.

Email us at advisoryservice@y-e.org.uk

D. TEACHERS & PRACTITIONERS

The Health Foundation

Find information about current policy on health and wellbeing relating to children and young people [here](#)

www.health.org.uk

Safeguarding Children Partnerships

For any safeguarding concerns, please access the Safeguarding Children Partnership website in your local area. You can find a list [here](#)