

Here are some websites designed specifically for children and young adults. Click the links in the names and please always remember to check websites and apps before allowing your children to access them.

Young Minds: A website for children and young people. There are different sections offering information and advice on signs and symptoms, seeking help and looking after yourself. Some handy advice for parents too.

The following websites have been vetted and approved by the NHS. We recommend that parents always look at and test out apps and games for themselves before introducing their children to them:

Positive Penguins: Aimed at 8 - 12 year olds. This app helps children to understand their feelings and challenge negative thinking. Four positive penguins take children on a journey to help them better understand the relationship between what they think and what they feel.

Dragon app: This app was developed by GPs and Year 6 children in the Wakefield NHS Trust. It aims to teach 8 - 12 year olds how to make healthy choices for their mind and body. It uses a game where children are given a pet dragon to look after to build confidence and educate children about issues such as mental health and bullying.