



Useful websites for health and wellbeing

Anti-Bullying Day

This is being held on Wednesday 14th November 2018.

For advice on bullying [click here](#).

Free Online counseling Service for 11-23 year olds.

Available 365 days a year - Weekdays 12-10pm and Weekends 6-10pm

- Kooth operates in 45+ local authorities across the UK
- Attracts 'hard to reach' and 'under the radar' young people
- Young people can sign up themselves - no referral required
- All Counsellors are fully trained and UKCP/BACP accredited.
- Everything is moderated and confidential, no personal details or real names

For this website, Kooth, [click here](#).

Essex Child and Family Well-being ServiceThe Essex Child and Family Wellbeing Service brings together a range of children's community services. It's provided by Virgin Care in partnership with Barnardo's on behalf of Essex County Council and the NHS.

[Click here](#) for Virgin Care.