



**The  
Children's  
Society**

# Mental Health Support Team

## Online Resources



Our website can tell you more about our service and has many free resources to help support your mental health and wellbeing.



Scan the QR code or head to  
[rise.childrenssociety.org.uk](https://rise.childrenssociety.org.uk)



We have a range of self-help guides: anxiety, low mood, exam stress and self-esteem.



**Scan me!**



Check out our YouTube channel which contains helpful videos and shorts e.g. anxiety, low mood, mindfulness



**Scan me!**

