



Mental Wellbeing

Mental Health Support – Agencies

<https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/>

CAMHs – Child and Adolescent Mental Health Services

<https://www.nhs.uk/using-the-nhs/nhs-services/mental-health-services/child-and-adolescent-mental-health-services-camhs/>

Start Now Cornwall

www.startnowcornwall.org.uk

Young People Cornwall

<https://www.youngpeoplecornwall.org>

Kooth Counselling

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

Young Minds

<https://youngminds.org.uk>

The Mix

<https://themix.org.uk>

Papyrus

<https://www.papyrus-uk.org/>

Cornwall Partnership NHS Foundation Trust

<https://www.cornwallft.nhs.uk/outlook-south-west/>