

Family Support

- **Nursing text chat Age 11 – 18 07507 331 949**
- <https://www.coventry.gov.uk/harmonyhub>
- <https://cid.coventry.gov.uk/kb5/coventry/directory/family.page?familychannel=0>
- <https://www.nspcc.org.uk/>
- <https://www.citizensadvice.org.uk/>
- <https://www.childrensociety.org.uk/>
- <https://www.healthforteens.co.uk/?location=Coventry>
- <https://national.lgfl.net/digisafe/kcsie/kcsietranslate>

Emergency Services

- <https://www.west-midlands.police.uk/>
- <https://www.wmfs.net/>

Mental Health Support and Information for Parents and Children

- <https://cwmind.org.uk/>
- <https://www.kooth.com/>
- <https://www.nhs.uk/nhs-services/mental-health-services/mental-health-services-for-young-people/children-young-people-mental-health-services-cypmhs-parents-carers-information/>
- https://sidekick.actionforchildren.org.uk/?gclid=CjwKCAjwwo-WBhAMEiwAV4dybWlXbGZGll2nXqddy9oPLsAozGhtVTa2A_of09kln1FixKc62oklRoCB8cQAvD_BwE
- https://www.bbc.co.uk/bitesize/articles/zy3yf82?utm_source=google&utm_medium=cpc&utm_campaign=mental-health
- <https://www.youngminds.org.uk/>

Food Bank Information and Support

- <https://langaraid.org/>
- <https://coventry.foodbank.org.uk/>

Internet Safety

- <https://www.commonsemmedia.org/articles/parents-ultimate-guide-to-tiktok>
- <https://www.commonsemmedia.org/articles/parents-ultimate-guide-to-tiktok>
- <https://shaping.org.uk/>