

## 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>
- <https://www.cirv.co.uk/>
- [https://www.nfa.co.uk/story/story\\_category/10-common-childhood-accidents-and-how-to-avoid-them-in-your-home/](https://www.nfa.co.uk/story/story_category/10-common-childhood-accidents-and-how-to-avoid-them-in-your-home/)

## 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-healthservicescypmhs-parents-carers-information/>
- [https://sidekick.actionforchildren.org.uk/?gclid=CjwKCAjwwo-WBhAMEiwAV4dybWLBXbGZGll2nXqddy9oPLsAozGhtVTa2A\\_of09kln1FixKc62oklRoCB8cQAvD\\_BwE](https://sidekick.actionforchildren.org.uk/?gclid=CjwKCAjwwo-WBhAMEiwAV4dybWLBXbGZGll2nXqddy9oPLsAozGhtVTa2A_of09kln1FixKc62oklRoCB8cQAvD_BwE)
- [https://www.bbc.co.uk/bitesize/articles/zy3yf82?utm\\_source=google&utm\\_medium=cpc&utm\\_campaign=mental-health](https://www.bbc.co.uk/bitesize/articles/zy3yf82?utm_source=google&utm_medium=cpc&utm_campaign=mental-health) •
- <https://www.youngminds.org.uk/>
- [https://www.annafreud.org/schools-and-colleges/self-care-summer/?utm\\_source=sim&utm\\_medium=email&utm\\_campaign=selfcaresummer&mc\\_cid=6a21bae1f4&mc\\_eid=ceec959158](https://www.annafreud.org/schools-and-colleges/self-care-summer/?utm_source=sim&utm_medium=email&utm_campaign=selfcaresummer&mc_cid=6a21bae1f4&mc_eid=ceec959158)
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#### Food Bank Information and Support

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

#### Internet Safety

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