

Staying Safe

Knife crime: www.knifecrimes.org – This Home Office approved website offers advice and resources for parents and young people around knife crime and keeping safe.

Knife crime: <https://noknivesbetterlives.com/parents/> where you can find separate sections for young people and parents.

County Lines: www.childrenssociety.org.uk This website offers advice and resources about county lines, including case studies and material for parents in different languages.

<https://www.safe4me.co.uk/parents/> - This website offers advice and resources around many topics including anti-social behaviour, cyber bullying, domestic abuse, drugs and legal highs, radicalisation, sexting, abuse within teen relationships and

Neighbourhood Policing – To find details of your local team and find out more about our local priorities visit www.herts.police.uk Our website also offers more advice for parents and those who work with your people, about county lines and gangs.

Reporting Crime: www.fearless.org this is a site young people can use to report crime anonymously.

Drug and Alcohol Concerns: www.talktofrank.com this site has loads of advice and support about alcohol and drugs.

Mental Health

[MIND - The Mental Health Charity - Information and Support](#)

[Young Minds - "Working to improve the emotional wellbeing and mental health of children and young people"](#)

[Headmeds - information for young people about mental health medication](#)

[Papyrus - Information, advice and support concerning suicidal young people](#)

[Childline - mental health and emotional support for young people under the age of 19](#)

[Samaritans - whatever you're going through, call us free any time, from any phone on 116 123 - 24 hours a day](#)

Also www.hubofhope.co.uk is useful resource to identify services by location

www.kooth.com free safe and anonymous online support for young people

www.bigwhitewall.com/ an online community to support Mental Health

Also, please see our Counselling leaflet and Herts Wellbeing signposting guide.

Careers

www.nationalcareers.service.gov.uk general careers advice

www.findapprenticeship.service.gov.uk help with finding an apprenticeship

www.ucas.com information on applying to university

www.icould.com general careers advice

www.do-it.org advice on volunteering

www.hopinto.co.uk a very useful Hertfordshire portal to find training and job opportunities locally