

CENTRAL
BEDFORDSHIRE MENTAL
HEALTH SUPPORT
TEAMS

**A-Z MENTAL HEALTH
RESOURCES FOR CHILDREN &
YOUNG PEOPLE**

Free Padlet containing:
Apps

Self-help resources

Coping with exams

Phone lines and text services

Self-esteem

Sleep

Transitions to Middle & Upper School

[Click here for a
link to the
resources](#)

NHS
East London
NHS Foundation Trust



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