



## Social, Emotional and Mental Health needs (SEMH)

- [www.mindworks-surrey.org](http://www.mindworks-surrey.org)

Mindworks Surrey, is the emotional wellbeing and mental health service for children and young people in Surrey.

- <https://youngminds.org.uk>

The website is full of [advice and information](#) to give young people the tools to look after their mental health. They empower parents and professionals to be the best support they can be to the young people in their lives. And give young people the space and confidence to get their voices heard and change the world we live in. Together, creating a world where no young person feels alone with their mental health.

- <https://moodspark.org.uk>

A space created by young people for young people to help navigate and learn about emotions.

- [www.annafreud.org](http://www.annafreud.org)

They work in collaboration with children and young people, their families and communities and mental health professionals to transform children and families' mental health.

- [www.kooth.com](http://www.kooth.com)

Kooth is a safe online space offering NHS-commissioned mental health support for young people.