

Health & Safety including First Aid below

Compass <http://www.compass-uk.org>

The royal college of Psychiatrists <http://www.rcpsych.ac.uk>

Niace <http://www.niace.org.uk>

Mentalhealth <http://www.mentalhealth.org.uk>

Youngminds <http://www.youngminds.org.uk>

Time to change <http://www.mdf.org.uk>

Food for the brain <http://www.foodforthebrain.org>

Self therapy <http://www.selftherapy.org>

Steady <http://www.steady.org.uk>

Eating disorders <http://www.eating-disorders.org.uk/>

Trust the Process <http://www.trusttheprocess.org>

NHS

http://www.nhs.uk/livewell/alcohol/pages/alcoholsupport.aspx?WT.mc_id=81008

Double Impact <http://www.doubleimpact.org.uk>

Work Smart http://www.worksmart.org.uk/health/drugs_and_alcohol

NHS Direct - <http://www.nhsdirect.nhs.uk/>

Eating Healthy <http://www.eatwell.gov.uk/healthydiet/>

HomeOffice-Drugs <http://www.homeoffice.gov.uk/drugs/>

Help for people with a learning disability <http://www.oneforus.com>

Eating Disorders Association <http://www.edauk.com>

Voice for young people's mental health and wellbeing

<http://www.youngminds.org.uk>

Advice to help you stop smoking <http://www.givingupsmoking.co.uk>

Advice for people dealing with parents using drugs

<http://www.parentsusingdrugs.org.uk>

One For Us <http://www.oneforus.com/>

Beat - Beating Eating Disorders <http://www.b-eat.co.uk/Home>

Young Minds <http://www.youngminds.org.uk/>

Speak Up <http://www.speak-up.org.uk/>

Ask Brook <http://www.brook.org.uk/>

BPAS <http://www.bpas.org/bpaswoman>

Talk To Frank <http://www.talktofrank.com/>

Re-Solv <http://www.re-solv.org/>

GamCare <http://www.gamcare.org.uk/>

Giving Up Smoking <http://smokefree.nhs.uk/>

Parents Using Drugs

http://www.starsnationalinitiative.org.uk/showPage.php?file=group_3.htm

BBC - Health <http://www.bbc.co.uk/health/>

Stop Text Bully <http://www.stoptextbully.com/>

BBC - Personal Safety

http://www.bbc.co.uk/switch/slink/iloveme/factfiles/iloveme_safety_basics.shtml

BBC - The Surgery <http://www.bbc.co.uk/radio1/onelife>

First Aid

Epilepsy Action