

Support websites

<https://www.mind.org.uk>

www.counselling-directory.org.uk/counsellors/gemma-keulder

www.healthymindsforyou.co.uk

www.linktr.ee/TeenTherapist_RachaelMartin

www.teentherapistonline.com

www.sexualhealthwestsussex.nhs.uk/contraception/

<https://familyinfoservice.westsussex.gov.uk/>

www.westsussex.gov.uk/education-children-and-families/your-space/health/emotional-wellbeing-and-mental-health/