



# Self-Help Guides: Online Safety



[Click here](#) for information on how to stay safe online and how it affects your mental health on the Mind Website

[Click here](#) to visit Thinkuknow, an online education programme which protects children online and offline.





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[Click here](#) for a guide for parents and carers on how to talk to your child about their use of social media and the internet.

[Click here](#) for a guide for parents and carers whose children are using social media and how they can stay safe.

