

WF-I CAN

The online resource for children and young people in Wakefield
<https://wf-i-can.co.uk/u13/home/>

When children are finding some things hard, they can access information and support on the website above. This part of the website is for 13 and under but younger children may need further assistance to access the support available. The website offers help in different areas such as well-being, relationships and eating healthy. There are things to read, games, chats, videos and podcasts. There is something for everyone. Remember it is ok not to feel ok.



RELATIONSHIPS

This section covers bullying, getting on with family and friends, and managing anger.

[Find out more](#)



NEED A CHAT?

Talking can be a way to cope with a problem or share a worry, and can improve how you feel.

[Talk to someone](#)



WANT SUPPORT?

We all have good and bad days and we all need a bit of help sometimes.

[Get some help](#)



LOOK AFTER YOURSELF!

Feeling good is worth investing in. Here are some simple tips to stay well.

[Find out more](#)



HEALTHY EATING

Eating healthily especially during the current lockdown is important!

[Find out more](#)



BE SUPER HAPPY!

Explore our top tips for being super-healthy and having loads of energy!

[Help yourself!](#)

Support is there if you need it.