

Mental Health Support Team

RESOURCES FOR PARENTS/CARERS & FAMILIES



Combined Wellbeing Portal

<https://combinedwellbeing.org.uk/>

Advice-information and support:

Anxiety, anger, body image, bullying, Corona virus, eating problems, sleep health, unhelpful habits, school life and more

Mental Health Foundation

<https://www.mentalhealth.org.uk/your-mental-health>

Podcasts, videos, inspiring stories, information about mental health

Anna Freud Centre

<https://www.annafreud.org/parents-and-carers/>

Advice and guidance to support your child with mental health needs, resources, podcasts and links to support services

NHS: Every mind matters

Tips and advice how to look after your own mental health, including sleep and anxiety.

Place2be

<https://www.place2be.org.uk/our-services/parents-and-carers/supporting-your-child-s-mental-health/>

Free resources and advice to support your child with their emotional wellbeing

Young Minds

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

Guidance and advice for parents, parents' blog, chat and helpline, parents' survival guide

MindEd Hub

Free educational resource on children, young people, adults and older people's mental health, hints and tips on parenting and how to best support your family, support on understanding problems and self-care advice.