

Helpful Contacts to Support Parent and Child Mental Health and Wellbeing

Please find useful websites to learn more about mental health and wellbeing. It is essential that parents talk to School about any worries. We are here to help you and your family.

To support children

<https://www.youngminds.org.uk/young-person/my-feelings/>

<https://www.youngminds.org.uk/young-person/coping-with-life/>

<https://www.youngminds.org.uk/young-person/mental-health-conditions/>

<https://www.youngminds.org.uk/young-person/medications/>

<https://www.youngminds.org.uk/young-person/supporting-a-friend-with-their-mental-health/>

<https://www.youngminds.org.uk/young-person/blog/>

<https://www.youngminds.org.uk/young-person/your-guide-to-support/>

<https://www.youngminds.org.uk/young-person/your-guide-to-support/reaching-out-for-help/>

<https://www.youngminds.org.uk/young-person/your-guide-to-support/how-to-speak-to-your-gp/>

<https://www.youngminds.org.uk/young-person/your-guide-to-support/counselling-and-therapy/>

<https://www.youngminds.org.uk/young-person/your-guide-to-support/guide-to-camhs/>

<https://www.mind.org.uk/information-support/for-children-and-young-people/understanding-camhs/>

<https://www.youngminds.org.uk/young-person/your-guide-to-support/inpatient-care/>

<https://www.youngminds.org.uk/young-person/your-guide-to-support/glossary/>

<https://www.justpsychology.co.uk/pages/28-trafford-sunrise>

Further support for parents

<https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/>

<https://www.youngminds.org.uk/parent/parents-guide-to-looking-after-yourself/>

<https://www.youngminds.org.uk/parent/how-to-talk-to-your-child-about-mental-health/>

<https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/getting-help-for-your-child/>