**Mental Health and Wellbeing**

**Signposting for Families**

Five Ways to Wellbeing

<https://www.nhs.uk/mental-health/self-help/guides-tools-and-activities/five-steps-to-mental-wellbeing/>

Five ways to improve your mental health and wellbeing. Trying these things could help you feel more positive and able to get the most out of life.



Home CAMHS Resources

<https://www.camhs-resources.co.uk/>

For young people, carers and professionals. lots of helpful resources from across the internet that are available to help support your mental health and well-being

**Apps**

A range of apps are available to support young people, adults and families with their mental health and well-being. Home CAMHS has a helpful guide.

[APPS | CAMHS Resources (camhs-resources.co.uk)](https://www.camhs-resources.co.uk/apps-1)

BBC Parents’ Toolkit: Wellbeing advice for parents to support their child

<https://www.bbc.co.uk/bitesize/articles/znsmxyc>

**Health and wellbeing advice for parents to support their child - from food and sleep, to anxiety and the online world**

**Mind**

[**https://www.mind.org.uk/**](https://www.mind.org.uk/)

Mental Health information and support for adults, children and teenagers. Find local services.

**Young Minds**

[**https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/**](https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/)

A charity supporting children, parents and those working with children and young people.

**Anna Freud National Centre for Children and Families**

[**https://www.annafreud.org/**](https://www.annafreud.org/)

A mental health and wellbeing charity that offer evidence-based advice to young people, parents and teaching professionals. They also signpost to local services.

**Place2be**

<https://www.place2be.org.uk/our-services/services-for-schools/mental-health-resources-for-schools/>

Mental health resources for schools.