



## Parent resources and ideas to help and support your children

<https://www.bbc.co.uk/bitesize/articles/znsmyxc> BBC Bitesize - Parent wellbeing.

<https://youngminds.org.uk> Support for young people to improve mental health parent section.

<https://www.nhs.uk/conditions/stress-anxiety-depression/talking-to-children-about-feelings/> NHS How to talk about feelings.

<https://mindedforfamilies.org.uk/young-people> MindEd support for children's wellbeing.

<https://www.place2be.org.uk/our-services/parents-and-carers/supporting-your-child-s-mental-health/> Place 2 Be – supporting your child's wellbeing.

<https://parents.actionforchildren.org.uk/emotional-wellbeing/> Support for parents with their child's emotional wellbeing.

<https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/mental-health-parenting/> looking after parent's own mental health.

<https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/talking-about-difficult-topics/> Talking about difficult topics with your child.

<https://www.annafreud.org/parents-and-carers/> Parent and carer support for their child's wellbeing.

<https://www.rethink.org/> support for anyone struggling with their mental health or who lives/cares for someone who does.

<https://www.nhs.uk/conditions/stress-anxiety-depression/> including assessment quiz with bespoke suggestions to improve mental health.

<https://thesleepcharity.org.uk/> Help with your child's sleep or your own.

<https://www.papyrus-uk.org/> Campaign for prevention of suicide.

<http://www.nshn.co.uk/> support around self-harm – parent and young person sections.

<http://www.understandingchildhood.net/> support leaflets for understanding different childhood issues.

<https://www.nhs.uk/live-well/> support with nutrition and wellbeing.

<https://parentinfo.org/> resources to support all areas of wellbeing (offshoot of Parent zone.)



<https://www.camhs-resources.co.uk/downloads> Links to resources to support wellbeing and improved mental health.

<https://www.southwestyorkshire.nhs.uk/wakefield-camhs-resources/> resources from Wakefield CAMHS.

<https://www.wellwomenwakefield.org.uk/about-us/> holistic, non-medical approach to women's health and well-being. 16+

<https://talking.turning-point.co.uk/wakefield/> Talking therapies support for anxiety, depression, mindfulness, sleep, addiction. 16+

<https://www.nhs.uk/conditions/stress-anxiety-depression/improve-mental-wellbeing/> 5 steps to better wellbeing.