

## Useful Links

### to support your child's Mental Health and Wellbeing



<https://www.annafreud.org/media/11396/tmh-parent-leaflet-final-web-updated-by-ed-april-2020.pdf>

Children and Young People's Health Services - <https://www.justonenorfolk.nhs.uk/emotional-health/children-young-people-s-emotional-health/>

Ormiston Families Supporting Smiles - <https://www.ormiston.org/what-we-do/mental-health-and-wellbeing/support-for-children-and-young-people/supporting-smiles/>

NHS Every Mind Matters - <https://www.nhs.uk/every-mind-matters/supporting-others/childrens-mental-health/>

Young Minds - <https://www.youngminds.org.uk/>

Anna Freud National Centre for Children and Families - <https://www.annafreud.org/parents-and-carers/child-in-mind/>

## Other Online Resources

### can be found on the following websites

- **Just One Norfolk - Mental health** Advice and support for 0-25s <https://www.justonenorfolk.nhs.uk/mentalhealth>
- **NSPCC** – Recognising the signs that a child may be struggling with their mental health and wellbeing can be really hard. NSPCC have got advice to help you support your child who may be experiencing depression, anxiety, suicidal thoughts or self-harm. <https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/>
- **CAMHS** – A really helpful website which includes, downloadable self-help activities, information guides, information and more. <https://www.camhs-resources.co.uk>
- **YoungMinds** – This website offers advice for you to help your children and a free telephone service. **Call the Parents Helpline: 0808 802 5544** (Monday to Friday 9.30am – 4pm, free for mobiles and landlines). <https://youngminds.org.uk/resources/>
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- **Public Health England and the NHS** – Offer advice on how to take simple steps to look after their mental health, improve their mental wellbeing and support others. <https://www.nhs.uk/oneyou/every-mind-matters/>
- **Mind** – This is a charity which offers advice and support, especially around the ‘5 ways to wellbeing.’ <https://www.mind.org.uk/workplace/mental-health-at-work/taking-care-of-yourself/five-ways-to-wellbeing/>
- **MindEd for Families** – Safe and reliable advice about Mental Health <https://mindedforfamilies.org.uk/young-people/>
- **The Samaritans** – This charity offers confidential support for people with feelings of distress. <https://www.samaritans.org/>
- **Winston’s Wish** – The leading childhood bereavement charity in the UK, offering practical support and guidance to bereaved children and their families and professionals. <https://www.winstonswish.org/>