**Resources to Support Mental Health and Well-being – For Children and Young People and Support for Young Carers**

***(A note to those using these links to websites. The sites highlighted in yellow contain useful information regarding support children, young people and adults in mental health. However, they also contain other information including topics on relationships, sexual health, and other issues such as child protection etc.)***

**Sites for Children**

**Health For Kids** - <https://www.healthforkids.co.uk/>

(This website provides a wide range on information on **Health, Feelings, Illness and Getting Help** for children that is age appropriate, informative and fun.) It also has an area for grownups with more detailed support for parents and carers. *Sponsored by the NHS.*

**Sites for Young People**

**Health For Teens –** <https://www.healthforteens.co.uk/>

(This website provides a wide range on information on **Feelings, Growing Up, Health, Lifestyle, Relationships and Sexual Health**. There are specific areas linked to the Coronavirus and issues related to it, including anxiety and impact on schooling) *Sponsored by the NHS.*

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

Young Minds is a charity providing mental health support. It includes advice for children, young people, parents and carers on the various issues surrounding mental health. It also provides support for schools in tackling mental health issues for children in their care. This site also includes details of Young Minds Crisis Messenger – a helpline for young people to access support 24/7.

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

Mind is a charity providing advice and support to empower anyone experiencing a mental health problem. The site has a section for both young people and parents to access information on issues of mental health, with and advice and how and where to access support.

**Anxiety UK** - <https://www.anxietyuk.org.uk/get-help/anxiety-information/young-people-and-anxiety/>

(Anxiety UK is a charity with a specific aim to support and help people suffering from agoraphobia and associated anxiety disorders, phobias and conditions.)

**The Mix** - <https://www.themix.org.uk/>

(The Mix is a UK Based charity that provides free, confidential support for young people under 25 via online, social and mobile. It provides information on a range of issues including: Sex & Relationships, Your Body, Mental Health, Drugs and Drink, Housing, Money, Work & Study, Crime & Safety, and Travel & Lifestyle. It also includes platforms for support for young people)

**Site for Parents. Carers, Schools and Teachers**

**Catholic Children’s Society -** <https://www.cathchild.org.uk/connected/mental-health-training/>

Catholic Children Society has a range of services available to schools and families. These include support for mental health and bereavement. **ConnectEd Mental Health Services** which includes; **School Counselling and Therapy, Mental Health Training for School Staff; and Mental Health First Aid Training**. There is also the national **Rainbows Bereavement Support Programme**, and the **Crisis Fund** for families experiencing financial difficulties.)

**Mental Health Foundation -** <https://www.mentalhealth.org.uk/our-work/children-young-people-and-families>

 (The Mental Health Foundation has a vision for a world where good mental health is accessible for all. Its mission is to help people understand, protect and sustain their mental health, with prevention at its core. The site has a wealth information on how to achieve a positive mental health whilst also offering support and information to help those experiencing mental health issues.

The Foundation is current running a mental health awareness campaign called “Make it count” with resources for:

**A guide for pupils** <https://www.mentalhealth.org.uk/publications/make-it-count-guide-for-pupils>

**A guide for parents and carers** <https://www.mentalhealth.org.uk/publications/make-it-count-guide-for-parents-and-carers>

**A guide for teachers** <https://www.mentalhealth.org.uk/publications/make-it-count-guide-for-teachers>

**Children’s Health Project** - <http://childrenshealthproject.com/what-are-healthy-thoughts/>

(The Children’s Health Project CIC offers schools a holistic approach to health and wellbeing.
We have four key pillars of health, which our training, resources and lesson plans focus on: Nutrition, Lifestyle, Mind-set and Movement. The site offers resources for teachers on a range of health topics including mental health and wellbeing.)

**Mental Healthy Schools -** <https://www.mentallyhealthyschools.org.uk/>

(Mentally Healthy Schools provides resources to assist primary schools to promote children’s mental health and wellbeing.

A toolkit to support mental health and anxiety in light of the Coronoviris and school closures <https://www.mentallyhealthyschools.org.uk/resources/coronavirus-resources-for-mental-health-and-wellbeing/>)

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

(The Anna Freud National Centre for Children and Families is a children’s mental health charity. It provides advice and support for parents and schools and young people on issues of mental health. There are a range of projects to assist this goal.

**Parents Support** - <https://www.annafreud.org/parents/>

**Youth Wellbeing** - <https://www.annafreud.org/on-my-mind/>

**Schools in Mind** - Schools in Mind is a free network for school staff and allied professionals which shares practical, academic and clinical expertise regarding the wellbeing and mental health issues that affect schools - <https://www.annafreud.org/what-we-do/schools-in-mind/> )

**No Panic** - <https://nopanic.org.uk/>

(No Panic is a registered charity which helps people who suffer from Panic Attacks, Phobias, Obsessive Compulsive Disorders and other related anxiety disorders including those people who are trying to give up Tranquillizers. No Panic also provides support for the carers of people who suffer from anxiety disorders. It includes a **Youth Hub** with tailored information for young people.)

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

Young Minds is a charity providing mental health support. It includes advice for children, young people, parents and carers on the various issues surrounding mental health. It also provides support for schools in tackling mental health issues for children in their care.

**Mind** - <https://www.mind.org.uk/information-support/for-children-and-young-people/information-for-parents/>

Mind is a charity providing advice and support to empower anyone experiencing a mental health problem. The site has a section for both young people and parents to access information on issues of mental health, with and advice and how and where to access support.

**Anxiety UK** - <https://www.anxietyuk.org.uk/get-help/anxiety-information/>

(Anxiety UK is a charity with a specific aim to support and help people suffering from agoraphobia and associated anxiety disorders, phobias and conditions.)

**Action For Children** - <https://www.actionforchildren.org.uk/support-for-parents/children-s-mental-health/>

(Action for Children is a UK charity which seeks to protect and support children and young people, providing practical and emotional care and support to ensure their voice are heard. The website has practical resources for parents and carers on a wide range of issues affecting children including support for issues around mental health.)

**EduCare -** [**https://www.educare.co.uk/edusafe-pc**](https://www.educare.co.uk/edusafe-pc)

(EduCare is **a training provider of concise and easy-to-use safeguarding and duty of care e-learning services. It provides training for parents and carers on a range of issues including: Dealing with bereavement and loss; Substance Misuse Risks; Mental Well-being; Food Hygiene and Safety; Understanding low mood and depression; Understanding Self-Harm; Healthy Life Styles; Changing Bodies; Serious Youth Violence; and Understanding Anxiety.) It also provides resource training for young people and children on a wide range of issues including: Dealing with bereavement and loss; Substance Misuse Risks; Mental Well-being; Basic First Aid; Healthy Life Styles; Changing Bodies; Healthy Relationships; Serious Youth Violence; Female Genital Mutilation; Understanding low mood and depression; Understanding Self-Harm; and Understanding Anxiety; Honour-based Abuse & Forced Marriage; and Food Hygiene and Safety.)**

**Support for Young Carers**

There are many local young carer associations across London and in Hertfordshire – Check out your local group to provide support and information for your young carers.

* <https://www.actionforchildren.org.uk/in-your-area/services/young-carers/hackney-young-carers-project/>
* <https://www.carersinherts.org.uk/>
* <http://www.enfieldcarers.org/>
* <http://www.hillingdoncarers.org.uk/>

**Young Minds** - <https://youngminds.org.uk/find-help/looking-after-yourself/young-carers/>

**NHS – Support for Young Carers** - <https://www.nhs.uk/conditions/social-care-and-support-guide/support-and-benefits-for-carers/help-for-young-carers/>

**Action for Children** - <https://www.actionforchildren.org.uk/what-we-do/children-young-people/support-for-young-carers/>

**Childline – Support for Young Carers** - <https://www.childline.org.uk/info-advice/home-families/family-relationships/young-carers/>

**Children’s Society – Support for Young Carers** - <https://www.childrenssociety.org.uk/youngcarer/home>