

Resources to support mental health and well-being in children

Generic emotional well-being & mental health links

1. <https://www.camhs-resources.co.uk/> This is a fantastic website that has details of books, weblinks, apps, videos and contains resources around emotional / mental health
2. <https://www.healthyyoungmindsinherts.org.uk/parents-and-carers> Healthy Young Minds in Herts
3. <https://youngminds.org.uk/> Young Minds – Children and Young people’s mental health charity. Filled with information and have a parent’s helpline
4. <https://www.kooth.com-> Advice on children’s mental health. Discussion boards/ chat to the team. Great for older children.

Anger

1. <https://copingskillsforkids.com/managing-anger>
2. <https://www.supernanny.co.uk/Advice/-/Parenting-Skills/-/Discipline-and-Reward/Dealing-with-a-very-angry-child.aspx>
3. <https://www.headspace.com/meditation/anger>

Anxiety

1. <https://healthyfamilies.beyondblue.org.au/age-6-12/mental-health-conditions-in-children/anxiety> Supporting an anxious child
2. <https://youngminds.org.uk/media/2957/top-ten-tips-poster.pdf> Helping managing change for children
3. <https://www.childline.org.uk/info-advice/your-feelings/anxiety-stress-panic/>
4. <https://healthyfamilies.beyondblue.org.au/age-6-12/mental-health-conditions-in-children/anxiety/strategies-to-support-anxious-children>
5. <https://www.rcpsych.ac.uk/mental-health/parents-and-young-people/information-for-parents-and-carers/worries-and-anxieties---helping-children-to-cope-for-parents-and-carers>

Coronavirus

1. This is a specific resource for children and young people on the Autistic Spectrum
<http://www.cardiffandvaleuhb.wales.nhs.uk/sitesplus/documents/1143/Supp>

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[orting%20Children%20with%20LD%20&%20ASD%20with%20COVID%20Isolation.pdf](#)

2. Primary School age resource https://660919d3-b85b-43c3-a3ad-3de6a9d37099.filesusr.com/ugd/64c685_319c5acf38d34604b537ac9fae37fc80.pdf

Mindfulness

1. <https://www.meditationinschools.org/wp-content/uploads/2015/02/Mindful-Listening.pdf>
2. <https://positivepsychology.com/mindfulness-for-children-kids-activities/>

Parents (Factsheets)

1. <https://www.rcpsych.ac.uk/mental-health/parents-and-young-people/information-for-parents-and-carers/dealing-with-tantrums-for-parents-and-carers> Dealing with Tantrums
2. <https://www.rcpsych.ac.uk/mental-health/parents-and-young-people/information-for-parents-and-carers/worries-and-anxieties---helping-children-to-cope-for-parents-and-carers> Worries & Anxiety
3. <https://www.justtalkherts.org/media/documents/toptipsforparents.pdf>
4. Understanding Childhood <http://www.understandingchildhood.net/our-leaflets/>
5. <https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-to-support-anxiety/> Parents guide to supporting anxiety

Resilience

1. <https://www.heysigmund.com/building-resilience-children/>
2. <https://resources.beststart.org/wp-content/uploads/2018/11/K35-E.pdf>

Bereavement

1. Winston's Wish <https://www.winstonswish.org/>
2. Stand –by- Me local bereavement support, www.stand-by-me.org.uk

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What to do if I am worried about my child's mental health?

- If it is not urgent and you are looking for advice, strategies or just a second opinion, please email the school in confidence– we will reply – senco@hartsfield.herts.sch.uk
- For children and young people who are already OPEN to Specialist CAMHS you can call the CAMHS duty team for their relevant service (the number is detailed on your paperwork from Hertfordshire Partnership Foundation Trust).
- If your child is not known to Specialist CAMHS call: Single Point of Access (SPA) Tel: 0300 777 0707 Email: hpft.spa@nhs.net to make a referral.
- Of course, in an absolute emergency call 999 or take your child to A & E

We hope that the above will be of use to you. It is not an exhaustive list so please do get in touch if you are looking for something specific.