

Useful Websites and Resources for Supporting Mental Wellbeing

Resource Name	What can I expect?	Web link
Minded for Families	A useful search portal where it's possible to research anything that's on your mind re mental health and gain down to earth advice and information.	https://mindedforfamilies.org.uk/
Anna Freud Advice for parents	A great practical website which is designed to support parents/carers of children experiencing poor mental health or wellbeing	https://www.annafreud.org/parents-and-carers/
Families under pressure	Some super videos to support on a range of issues around behaviours and emotions	https://maudsleycharity.org/familiesunderpressure/
Young Minds	A great website which is particularly useful for older children and some of the challenges they maybe experiencing.	https://youngminds.org.uk/
BBC Bitesize Parent toolkit	Top tips, useful links and expert advice to support you and your child's wellbeing and learning in a changing world.	https://www.bbc.co.uk/bitesize/articles/znsmxyc
ParentZone – digital family life	A great source of support for digital family life.	https://www.parents.parentzone.org.uk/legendaryparent