

## Resources and advice for supporting children and families on Mental Health and Wellbeing.

### Emotional Well-Being for children and young people

- The Young Minds A-Z covers a wide-range of areas including
  - anxiety
  - exam time
  - ADHD
  - anger
  - gender identity
  - divorce
  - self-esteem

It is available via the website or via the direct link below:

<https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/>

Here is a selection of recommended websites from Youth Mental Aid First Aid England.

[www.childline.org.uk](http://www.childline.org.uk)

[www.youngminds.org.uk](http://www.youngminds.org.uk)

[www.mindful.org](http://www.mindful.org)

[www.rethink.org](http://www.rethink.org)

[www.samaritans.org](http://www.samaritans.org) (App also available)

[www.time-to-change.org.uk](http://www.time-to-change.org.uk)

- Try the BBC's '[Seven Techniques for Helping Kids Keep Calm](#)'

Apps are available

- Apps – Self Help
  - Calm Harm
  - Headspace: Meditation & Sleep
  - Breathe: Meditation & Sleep
  - For Me (Childline)

More are available through

<https://www.nhs.uk/apps-library/category/mental-health/>

- Please note there is also a Parent Contact section that includes a telephone number as well as contact form:  
<https://youngminds.org.uk/contact-us/>

## **CAMHS**

CAMHS stands for Children and Adolescent Mental Health Services. We have formed a link with our local provider, Northorpe Hall. We will aim to provide you with up-dates on their services here.

Latest news from Northorpe Hall:

### **Parent Information sessions:**

To book on any of the sessions below, please call 01924 492183 or visit:

<https://chewsnews.northorpehall.co.uk/workshops.php>

## **Northorpe Hall resources and support**

We understand that caring for a child or young person who is having emotional or mental health difficulties is one of the most difficult things anyone does.

It can be difficult to keep a balance between providing consistent and reliable love and care while making changes which help their children be safe and get back to health.

To support young people effectively, many adults in a caring role will need some support themselves, to learn and reflect, to relax and recharge.

There are [useful links](#) has some information and online resources you may find helpful, to understand common mental and emotional health experiences.

- [Fantastic Free Workshops](#)
- [Northorpe Hall for parents/carers](#) Advice, support and resources for parents/carers

Information regarding some self-help support through Northorpe Hall.

<https://www.northorpehall.co.uk/yp-learn-about-my-mental-health>