

Well-being Information

Please find below links to mental health and well-being charities and organisations which provide a wealth of information, support and guidance for how to improve and maintain the well-being and mental health of your families. There are also links to websites which have information about specific concerns.

Mental Health Foundation	https://www.mentalhealth.org.uk/a-to-z/c/children-and-young-people
Young Minds	https://youngminds.org.uk/
Anna Freud Centre	https://www.annafreud.org/
Mind	https://www.mind.org.uk/information-support/guides-to-support-and-services/children-and-young-people/#.XH5034n7QdV
Time to Change	https://www.time-to-change.org.uk/get-involved/get-involved-schools/school-resources
MindEd	https://www.minded.org.uk
Mentally Healthy Schools	https://www.mentallyhealthyschools.org.uk/
Rethink Mental Illness	https://www.rethink.org/
Place2Be	https://www.place2be.org.uk/
Children & Young People's Mental Health Coalition	http://www.cypmhc.org.uk/
Barnados	http://www.barnados.org.uk/
Redbridge Emotional Wellbeing and Mental Health Service (EWMHS)	https://find.redbridge.gov.uk/kb5/redbridge/fsd/service.page?id=0wevhH_z2jk
Children & Adolescent Mental Health Service (CAMHS)	https://www.nelft.nhs.uk/camhs
Anxiety, panic attacks and phobias	https://www.nhs.uk/conditions/anxiety-disorders-in-children/

	https://www.mentalhealth.org.uk/a-to-z/a/anxiety
Bullying - Kidscape	https://www.kidscape.org.uk/
Depression	https://www.nhs.uk/conditions/clinical-depression/ https://www.mentalhealth.org.uk/a-to-z/d/depression
Eating problems	https://www.nhs.uk/conditions/eating-disorders/ www.b-eat.co.uk/about-eating-disorders www.inourhands.com/eatingdifficulties-in-younger-children
Obsessions and compulsions	www.ocduk.org/ocd
Self-Harm UK	https://www.selfharm.co.uk/ https://www.nhs.uk/conditions/self-harm/
National Self-Harm Network	http://www.nshn.co.uk/
Sleep problems	https://www.nhs.uk/conditions/pregnancy-and-baby/sleep-problems-in-children/ https://www.rcpsych.ac.uk/mental-health/parents-and-young-people/information-for-parents-and-carers/sleep-problems-in-childhood-and-adolescence-for-parents-and-carers
Suicidal feelings	www.papyrus-uk.org