

RESOURCES FOR PARENTS

- <https://www.nhs.uk/nhs-services/mental-health-services/mental-health-services-for-young-people/children-young-people-mental-health-services-cypmhs/>
- **A mental health first aid kit for parents** https://www.bbc.co.uk/bitesize/articles/zy3yf82?utm_source=google&utm_medium=cpc&utm_campaign=mental-health
- <https://www.annafreud.org/>
- Dr Pooky
Knightsmith: <https://www.pookyknightsmith.com/> & https://www.youtube.com/channel/UCouKr8JeXinK6v_nf5dWA1A
- <https://www.mind.org.uk/>
- <https://www.youngminds.org.uk/>
- <https://bestforyou.org.uk/for-parents-or-carers/>
- <https://happymaps.co.uk/age-group/primaryschool/>
- <https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/>
- <https://www.mentalhealth.org.uk/>
- <https://www.nhs.uk/every-mind-matters/>
- <https://www.actionforchildren.org.uk/>
- <https://www.place2be.org.uk/>
- <https://crisistools.org.uk/>
- <https://www.cheshireeast.gov.uk/livewell/campaigns/covid-19-information-point/looking-after-your-mental-health-and-wellbeing.aspx>

RESOURCES FOR YOUNG PEOPLE

- <https://www.childline.org.uk/> 0800 11 11
- <https://www.childline.org.uk/toolbox/mental-health-first-aid-kit/>
- <https://www.bbc.co.uk/newsround/52713333>

- <https://www.youngminds.org.uk/young-person/>
- <https://www.youngminds.org.uk/young-person/blog/how-to-make-a-self-soothe-box/>
- <https://www.childrenssociety.org.uk/what-we-do/our-work/well-being>

Books for children: <https://www.booksfortopics.com/pshe>