

Useful wellbeing resources to support your child's mental health

<https://www.actionforhappiness.org/10-keys-to-happier-living>



<https://www.elsa-support.co.uk/category/free-resources/>



<https://youngminds.org.uk/find-help/for-parents/>



NSPCC

<https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/>



<https://www.hacw.nhs.uk/reach4wellbeing/>



<https://www.mentorlink.org.uk/information/for-parents/>



<https://www.childline.org.uk/>

childline

ONLINE, ON THE PHONE, ANYTIME

Childline

<https://www.minded.org.uk/>



<https://www.kooth.com/>

kooth

Kooth

<https://www.samaritans.org/>



Samaritans