

*We have curated these resources to provide you with information to help with your child's mental, emotional and physical health.*

*This was designed to help aid your wellbeing too as being a parent is a full time job and although it is a beautiful gift, it can definitely take its toll sometimes.*

*We hope you find this helpful.*



**HAMPSTEAD SCHOOL**

Learning together Achieving together



# **CONTENTS:**

- **VIDEOS**
- **WEBSITES**
- **APPS**
- **BOOKS**
- **SOCIAL MEDIA LINKS**
- **FURTHER READING**



# VIDEOS

*Here you will find a collection of videos that you might find helpful and interesting. They provide information on mental health and wellbeing.*



Morning Exercise = Mental Health



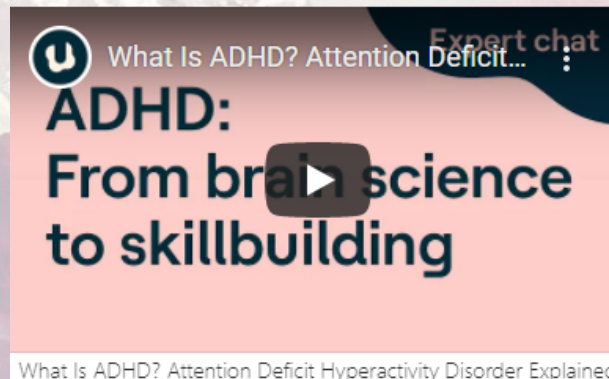
How stress affects your brain - Madhumita Murgia



Dan Siegel - "The Adolescent Brain"



How the food you eat affects your brain - Mia Nacamulli

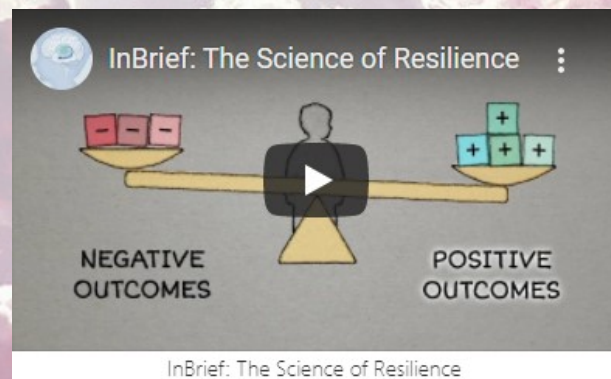


What Is ADHD? Attention Deficit Hyperactivity Disorder Explained



Anxiety: 6 ways to make life more manageable

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You are not your thoughts



A to Z of coping strategies



I'm Fine - Teen Depression PSA



Fight Flight Freeze – A Guide to Anxiety for Kids



1 Negative glasses



1 Get some perspective



Alike short film



What is mindfulness?



How to spot the signs of mental illness



Living With ANXIETY



This is what people with **ADHD** want you to know 🐝



The Stigma of Mental Illness



Coping Mechanisms



Mental Health Awareness 2018 - Depression Isn't Obvious



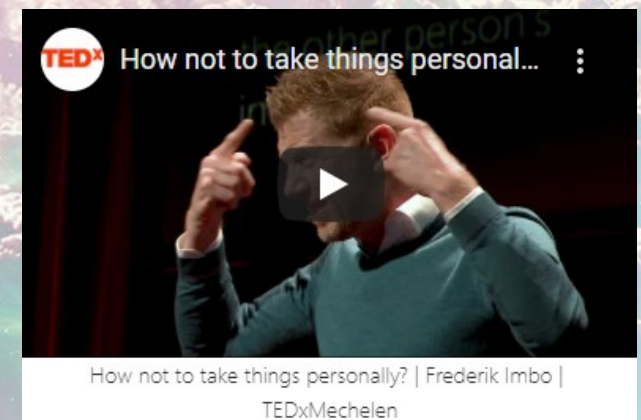
Oprah Winfrey | 5 Minutes For The NEXT 50 Years of Your LIFE



Admiral McRaven Leaves the Audience SPEECHLESS | One of the Best Motivational Speeches



How to Build Your Well-Being to Thrive | Dr. Beth Cabrera | TEDxGeorgeMasonU



How not to take things personally? | Frederik Imbo | TEDxMechelen

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Cultivating Unconditional Self-Worth | Adia Gooden |  
TEDxDePaulUniversity



Changing Perspective from Shame to Self-worth | Sue Bryce |  
TEDxPepperdineUniversity



How to stop your thoughts from controlling your life | Albert  
Hobohm | TEDxKTH



Ep 1: Ruby Wax - Just About Coping



THE CHOICE (Short Animated Movie)



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# WEBSITES



*Here you will find a collection of websites that you might find helpful and interesting. They provide information on mental health and wellbeing for parents and teens.*



KOOTH

Mental health and crisis support services



SHOUT

Helpline for people dealing with their mental health and coping skills on how to help you feel better



ANNA FREUD

Mental health support for young people and advice on how to support someone you care about who is struggling with their mental health



YOUNG MINDS

Mental health support for young people



ONLINE, ON THE PHONE, ANYTIME  
childline.org.uk | 0800 1111

CHILDLINE

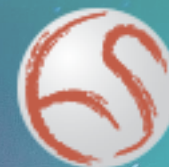
Support for young people to speak about any worries they may have and advice on a variety of topics including, friendship, puberty, relationships, bullying



SAMARITANS

Support for all people dealing with mental health where you can talk to someone and get help

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NATIONAL AUTISTIC SOCIETY  
Help and support for people with autism



THE MIX  
Support service for young people facing mental  
health challenges



BRANDON CENTRE  
Mental health and sexual health  
services for young people



CAMDEN RISE  
Youth projects, activities, clubs,  
education and training workshops  
and wellbeing advice



RISE ABOVE  
Helpful advice on dealing  
with your mental health  
and advice on how to help  
someone you know  
dealing with their mental  
health



CARERS TRUST  
Advice and support for  
carers including young  
carers

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A National  
Crime Agency  
command

CEOP  
Services to help when  
experiencing online  
abuse



SMILING MIND  
Mindfulness and meditation  
app designed for young  
people and tools to help  
young people thrive



FEARLESS  
A safe place to get advice and support  
about crime



NHS  
Health services for all

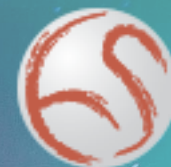


FREEDOM CHARITY  
Advice and support on  
forced marriage and FGM



FOREWARD  
Information, advice and support on forced  
marriage and FGM

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# SCOPE

**= Equality for disabled people**

SCOPE

Advice and information on people with disabilities and emotional support for them



**Childnet**  
International

CHILDNET

Advice for young people about staying safe online

**Cruse Bereavement Care**

CRUSE BEREAVEMENT CARE

Support, advice and information to children, young people and adults when someone passes away

**ieso**  
digital health

IESO

Online CBT on the NHS to help with anxiety, stress and depression



RETHINK MENTAL ILLNESS

Aimed at people suffering with mental health to help better their life



**MHFA England**

MHFA ENGLAND

There are many resources you can find here to help improve mental health and help support a friend, family member, colleague or student with their mental health

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FRANK

Information and advice about drugs



BEAT

Advice and support on  
eating disorders and how to  
help yourself or someone  
you care about suffering  
with one



BROOK

Advice on relationships and sexual health



THINK U KNOW

Advice about staying  
safe online and offline for young  
people



SEXWISE

Advice on relationships and sexual health



BETTY EDUCATION

Advice on puberty for  
boys and girls and  
periods for girls

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DITCH THE LABEL

Support and advice on bullying, mental health, identity, relationships and more for 12 to 25 year olds



BISH

Advice on relationships and sexual health for 14+



STONEWALL

Advice on LGBT+ issues including relationships



HEADSPACE

Ways to help you relieve your stress and sleep better



CHILD BEREAVEMENT UK

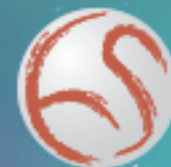
Support for young people dealing with the loss of a loved one

IMAAN

IMAAN

Advice and support for LGBT Muslims

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THE PROUD TRUST  
Advice on LGBT+ issues  
including relationships



BARNARDO'S  
Support for LGBTQ youth and their  
families



LGBT YOUTH  
SCOTLAND  
Support for LGBT youth



BE YOU  
Support and resources for LGBT  
youth including sexual health  
advice



OCD-UK  
Information and ways of understanding  
OCD and support



HEADROOM  
Articles, videos and resources to help you with your mental health

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### MERMAIDS

An online community for transgender, non-binary and gender diverse youth to get support and for loved ones to find ways to support them



## family lives

### FAMILY LIVES

Advice on bullying through online services such as social media



CONFIDENTIAL EMOTIONAL SUPPORT  
**SUPPORTLINE**

### SUPPORTLINE

Emotional support for all people trying to improve self esteem and give positive coping strategies



### NHS INFORM

Information on mental health problems and disorders



**PAPYRUS**  
PREVENTION OF YOUNG SUICIDE

### PAPYRUS

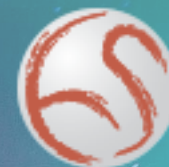
Support and information for young people thinking about suicide and for people who are worried about someone vulnerable to help prevent suicide

# therapy comics

### THERAPY COMICS

Helping to improve sleep through the use of comics designed by a Psychological Wellbeing Practitioner

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## WINSTON'S WISH **WW**

Giving hope to grieving children

WINSTON WISH

Support for young people after  
suffering the loss of a parent or sibling

## student minds

STUDENT MINDS

Help and support for the mental  
wellbeing of students

**The  
Children's  
Society**

THE CHILDREN'S  
SOCIETY

Support for young  
refugees and  
migrants

## HEADS ABOVE THE WAVES

HEADS ABOVE THE WATER

Support and information on depression and self-harm  
in young people, providing positive and creative ways  
to deal with the bad days

## BRAVE

BRAVE

Help and support for young  
people who experience  
Separation Anxiety Disorder, Social  
Phobia, Specific Phobia, and  
Generalised Anxiety Disorder and  
their carers



## CHANGING FACES

CHANGING FACES

Support for people with visible differences or  
disfigurements with online self guided tools and  
workshops

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# NSPCC

NSPCC

Support and advice for young people who experience abuse



CAMHS RESOURCES

This website has many more resources to help you with your mental health



MIND

Supporting people with their mental health when they need it most

# AWARE

OVERCOMING DEPRESSION.  
CHANGING LIVES.

AWARE

A charity helping people to overcome depression



### Living Life to the Full

Want to live life to the full and overcome stress and low mood?

LLTTF

The most recommended free online course for stress, anxiety and depression. If you don't know how to best support a child with emotional difficulties, this website may be a good start



RC PSYCH

Helping to improve the lives of people with mental illnesses

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**National  
Online  
Safety®**

NATIONAL ONLINE SAFETY  
Online safety guides



TES

Tools to help you manage  
your wellbeing and be the  
best you can be



BLUE CROSS FOR PETS  
Provides telephone &  
email bereavement  
support after the loss of a  
pet



TOURETTES ACTION  
Help and support for people  
who are suffering with  
tourettes



STEM 4

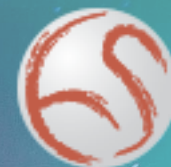
Informing and supporting young people with their  
mental health



KIDSCAPE

Advice and resources to help young people who experience  
bullying

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**women's aid**

until women & children are safe

WOMEN'S AID

Helping against domestic abuse and  
ensuring the safety of women and  
children

**HappyMaps**

HAPPY MAPS

Reliable resources provided by other parents and  
professionals to help your child with their mental  
health



ACTION FOR CHILDREN

Support and advice for  
parents

**Self  
injury  
Support**

SELF INJURY SUPPORT

Support for women and girls who  
experience self injury



CARE FOR THE FAMILY

Couple support, parent  
support and bereavement  
support



ADHD FOUNDATION

Advice and support for adults and  
young people with ADHD

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# Gingerbread

Single parents, equal families

GINGERBREAD

Provide information and support for single parents and their families



MENTAL HEALTH FOUNDATION  
Mental health support for all



RISE

Help and support for those who have experienced domestic abuse

internet  
matters.org

INTERNET MATTERS

Supporting parents and helping to keep their children safe online



CHILD MIND INSTITUTE  
Advice and support on children and teen's mental health



GROWING STRONG FAMILIES

Helping to strengthen families and create a caring, loving and safe environment for children

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**raisingchildren.net.au**  
the australian parenting website

RAISING CHILDREN

Provides parenting videos, apps and articles  
from experts

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# APPS



*Here is a collection of apps that you may find helpful and interesting to download on your phone. They each provide different ways of helping you or your child to cope with your mental health.*



Calm

An app to help you cope with your mental health using meditation and relaxation methods and more



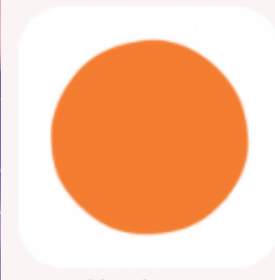
MyLife™

An app to help you cope with your mental health using meditation and relaxation methods and more



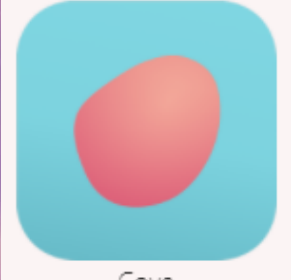
New MindShift™ CBT

An app made to help you manage your anxiety



Headspace

An app to help you cope with your mental health using meditation and relaxation methods and more



Cove

An app made to help with your mental health by creating music through the app as an outlet



NOCD: Effective care for OCD

An app made for people with OCD which provides online video sessions with licenced therapists



SuperBetter

An app created to help you with your mental health by using a framework that activates the psychological strengths of game play to build resilience and success in real life



SafeSpot

An app created to help promote positive mental wellbeing by giving you personalised coping plans, useful strategies, tools and directions to local resources to help you



Sleep Cycle

An app that helps people who feel stressed about sleep and for those that don't get enough of it, by analysing your sleep cycle and helping you improve it



Chill Panda

An app designed to help you manage your emotional wellbeing by taking part in a variety of playful tasks and activities, including breathing and light exercise



Smiling Mind

An app to help you cope with your mental health using meditation and relaxation methods and more



My Possible Self

This app helps you with coping tools and strategies to help you manage your anxiety, depression or stress



Happify

An app created to help you with your mental health by using activities and games



ReachOut WorryTime

An app that helps you deal with your anxiety by letting you write down your worries in detail



Clue

An app for girls and women to track thier period and help them understand how their body works



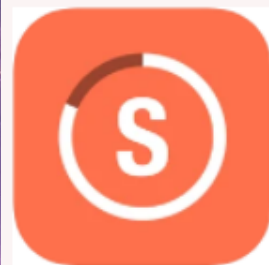
Exhale

An app designed for BIWOC to help with mindfulness, breathing and rest by using meditation, affirmations and breath work



MeeToo

A safe app created to connect you with other people of a similar age to help you cope with your mental health by talking about it



Streaks

An app to help you form a habit and helps keep you accountable to not quit and break the streak which could be things from exercising 3 times a week to limiting your smoking to help you quit



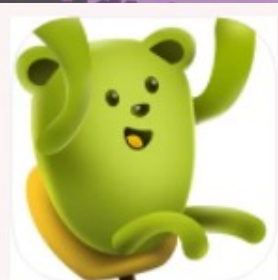
Deliciously Ella

An app aimed at plant based eaters which provides a variety of dishes for you to make but also has yoga, guided meditations, wellness planner and tracker, podcasts and more



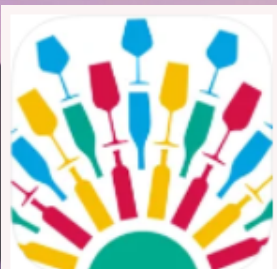
Flo

An app for women to help track their fertility and the cycle and gives an insight into the how the body works at different times in the month, it also has a secret chat where you can talk to women anonymously about intimate topics



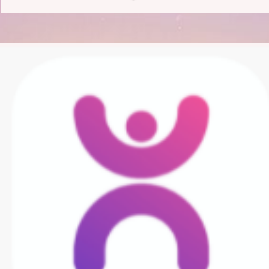
Wakeout!

This app helps you find the time to do small exercises no matter where you are



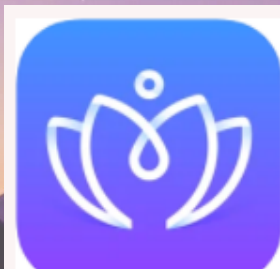
Drinkaware

An app to help you track your drinking to make sure you're not going over your limit



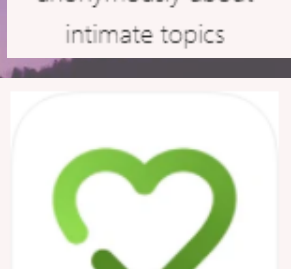
Move Mood

An app made to help you if you're feeling low or experiencing depression



Meditopia

An app to help you sleep better and decrease stress by using meditation



Smoke Free

An app to help you quit smoking



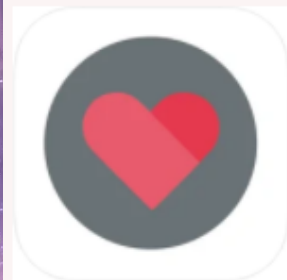
Viber

An messaging app that allows you to use its messaging services, video calling and more for free use over wifi or data and also has features on it to build your own online community with unlimited members from around the world about things your passionate about



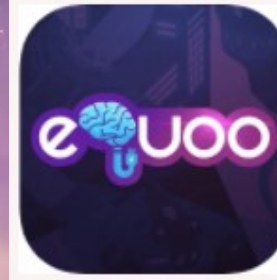
Yoga Studio

An app which allows you to do yoga to help with your mind and body



TruConnect By TV.FIT

A fitness app that also helps you with your mental health and lifestyle



eQuoo

An app to help you create better relationships and helps you lower your anxiety levels and enhance personal growth



Combined Minds

An app for families and friends to support a young person with their mental health  
For ages 12+

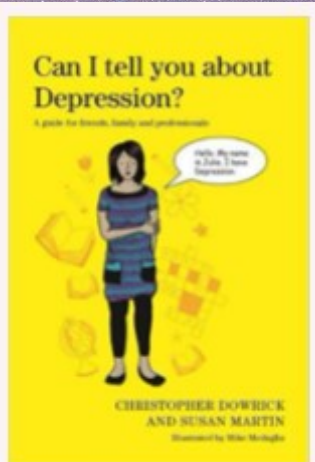


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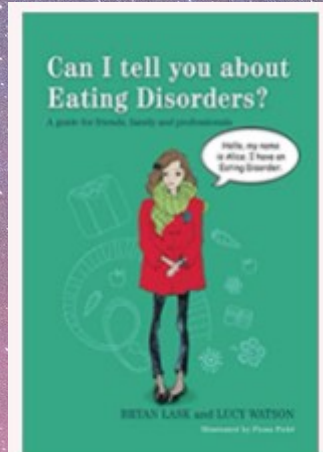


# BOOKS

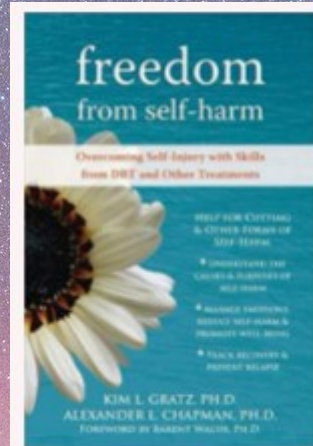
*Here are some books suggestions to help cope with and manage yours and your child's mental health. (All of these books have been linked to Amazon where you can buy them but you can also look for them in your local library.)*



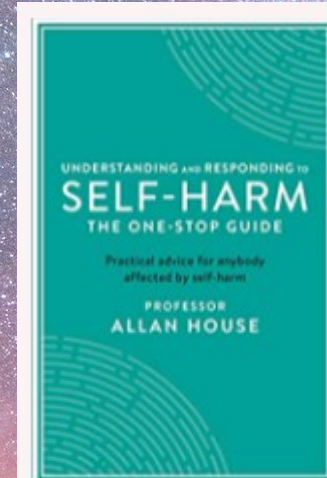
CAN I TELL YOU ABOUT  
DEPRESSION?  
by Christopher Dowrick  
and Susan Martin



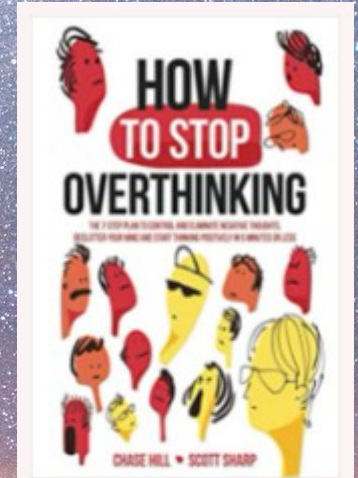
CAN I TELL YOU ABOUT  
EATING DISORDERS?  
by Bryan Lask and Lucy  
Watson



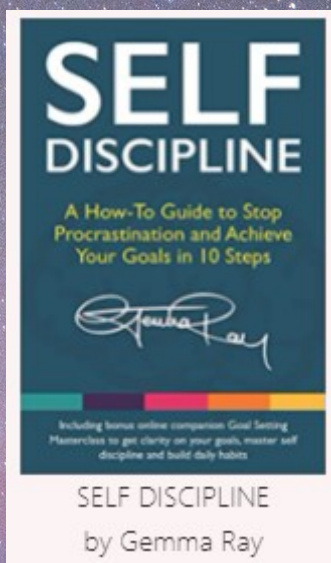
FREEDOM FROM SELF-  
HARM  
by Kim L. Gratz PhD and  
Alexander L. Chapman  
PhD RPsych



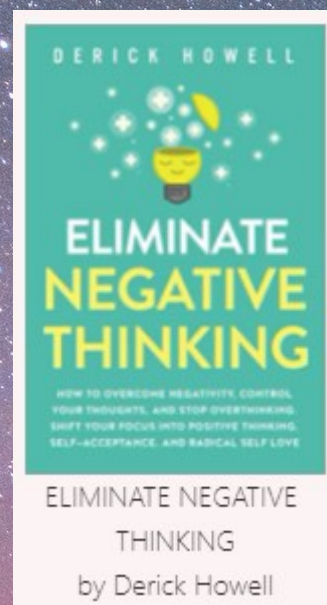
UNDERSTANDING AND  
RESPONDING TO SELF-  
HARM  
by Allan House



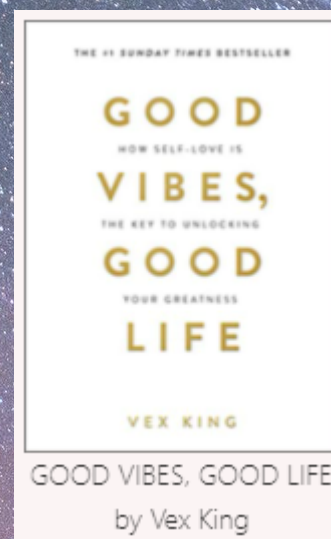
HOW TO STOP  
OVERTHINKING  
by Chase Hill



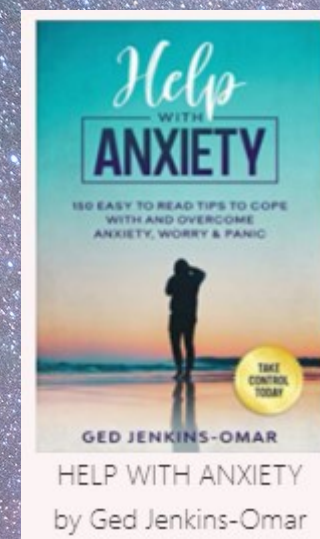
SELF DISCIPLINE  
by Gemma Ray



ELIMINATE NEGATIVE  
THINKING  
by Derick Howell



GOOD VIBES, GOOD LIFE  
by Vex King



HELP WITH ANXIETY  
by Ged Jenkins-Omar



HEALING IS THE NEW  
HIGH  
by Vex King



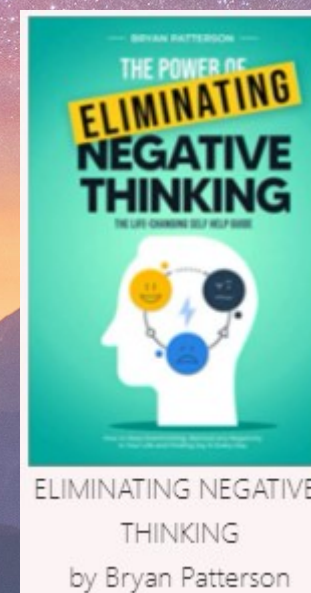
SELF LOVE  
by Kate A. Bailey



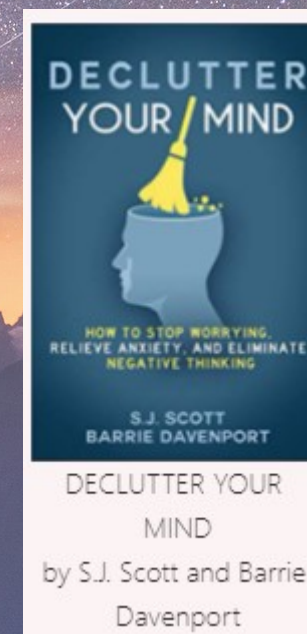
WOMEN DON'T OWE  
YOU PRETTY  
by Florence Given



JAY SHETTY  
THINK LIKE A MONK  
by Jay Shetty



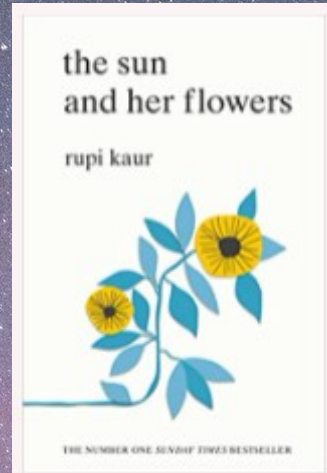
ELIMINATING NEGATIVE  
THINKING  
by Bryan Patterson



DECLUTTER YOUR  
MIND  
by S.J. Scott and Barrie  
Davenport



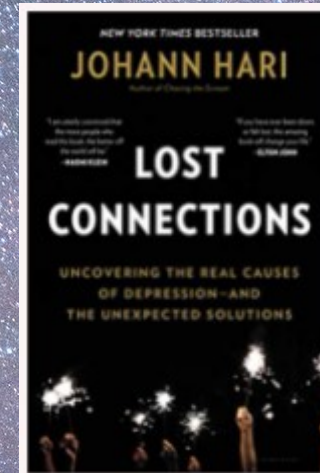
FIRST WE MAKE THE BEAST  
BEAUTIFUL  
by Sarah Wilson



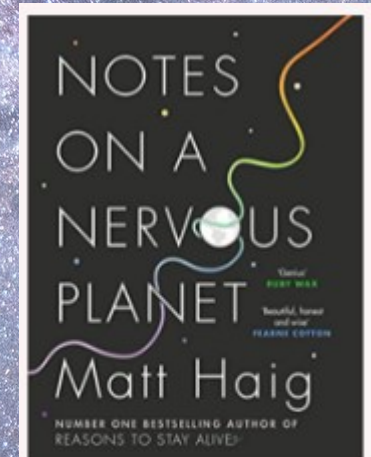
THE SUN AND HER  
FLOWERS  
by Rupi Kaur



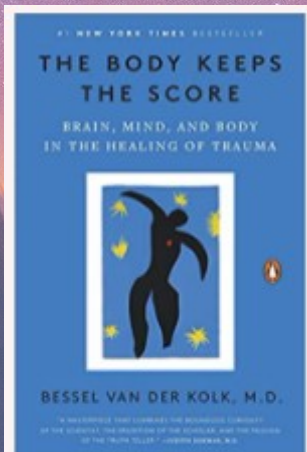
WHAT A TIME TO BE  
ALONE  
by Chidera Eggerue



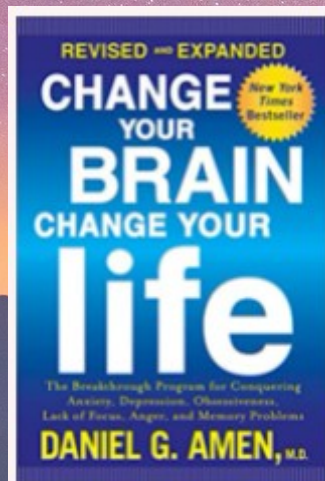
LOST CONNECTIONS  
by Johann Hari



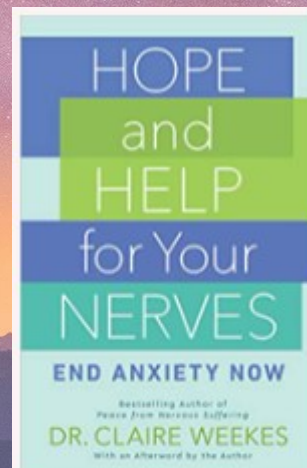
NOTES ON A NERVOUS  
PLANET  
by Matt Haig



THE BODY KEEPS THE  
SCORE  
by Bessel van der Kolk  
M.D.



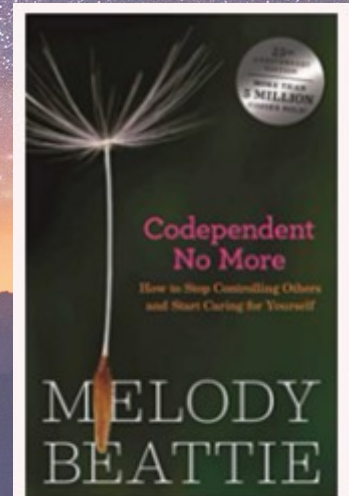
CHANGE YOUR BRAIN  
CHANGE YOUR LIFE  
by Daniel G Amen



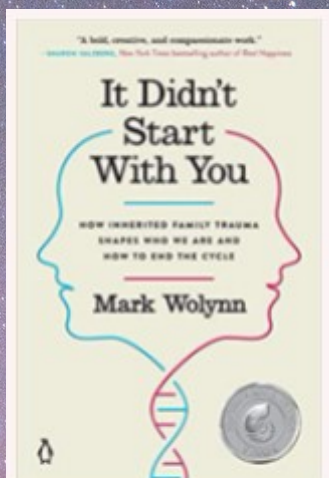
HOPE AND HELP FOR  
YOUR NERVES  
by Claire Weekes



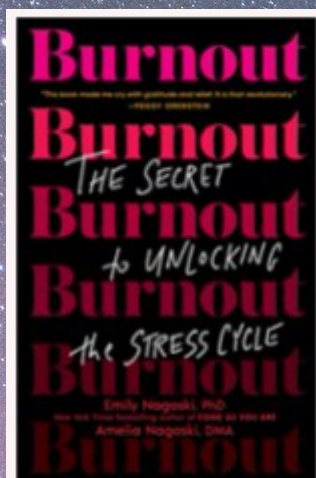
MAYBE YOU SHOULD  
TALK TO SOMEONE  
by Gottlieb Lori Gottlieb



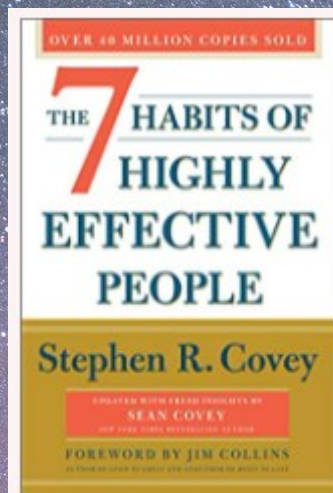
CODEPENDENT NO  
MORE  
by Melody Beattie



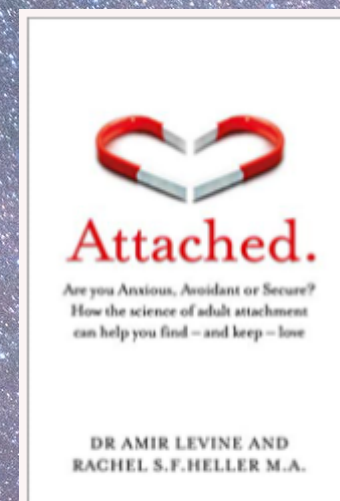
IT DIDN'T START WITH  
YOU  
by Mark Wolynn



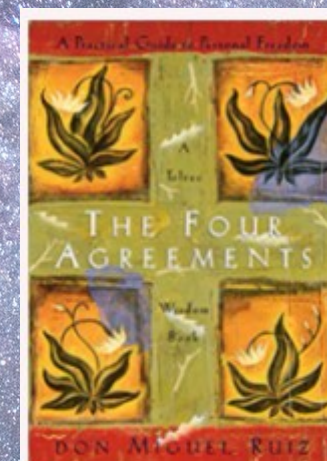
BURNOUT: THE SECRET  
TO UNLOCKING THE  
STRESS CYCLE  
by Emily Nagoski



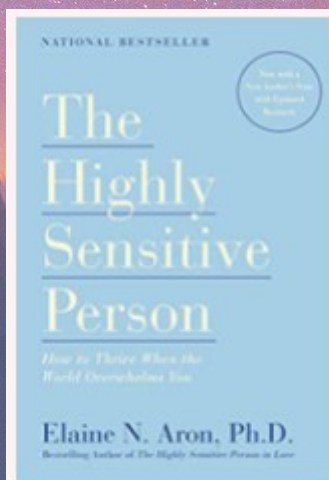
THE 7 HABITS OF HIGHLY  
EFFECTIVE PEOPLE  
by Stephen R. Covey



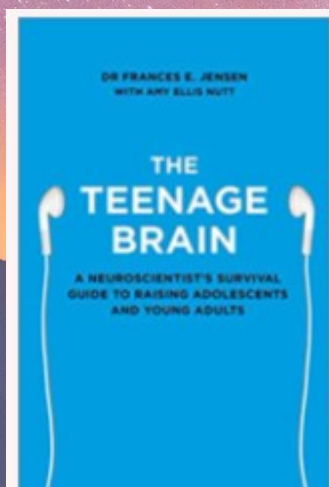
ATTACHED  
by Amir Levine and Rachel  
Heller



THE FOUR AGREEMENTS  
by Don Miguel Ruiz



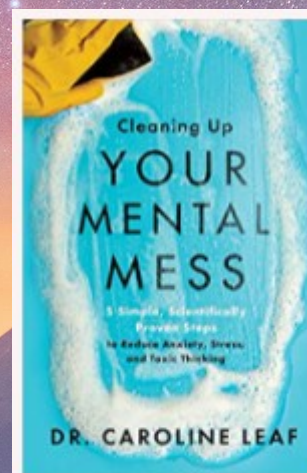
THE HIGHLY SENSITIVE  
PERSON  
by Elaine N. Aron Ph.D.



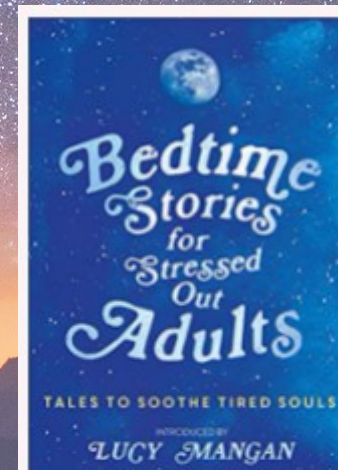
THE TEENAGE BRAIN  
by Frances E. Jensen



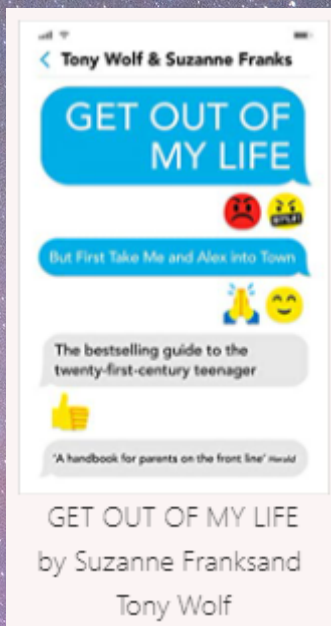
ANXIETY: PANICKING  
ABOUT PANIC  
by Joshua Fletcher



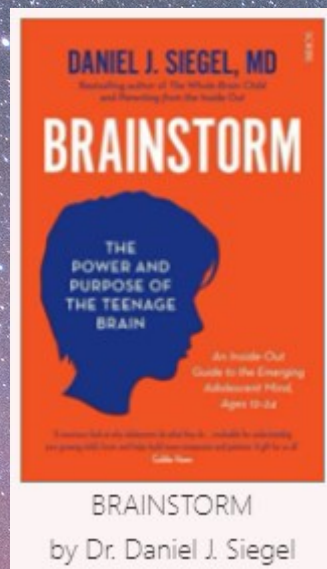
CLEANING UP YOUR  
MENTAL STRESS  
by Dr. Caroline Leaf



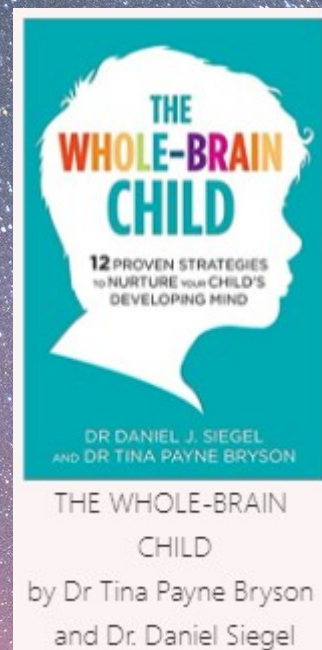
BEDTIME STORIES FOR  
STRESSED OUT ADULTS  
by Various authors and  
introduced by Lucy  
Mangan



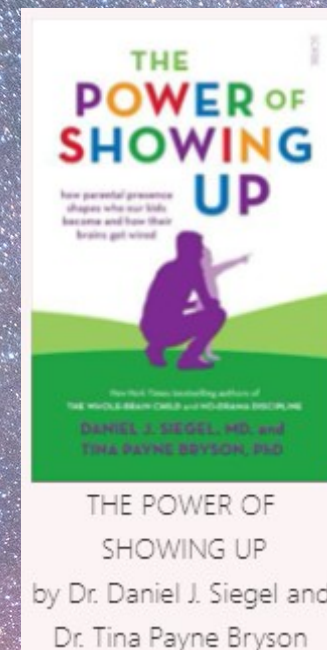
GET OUT OF MY LIFE  
by Suzanne Franks and  
Tony Wolf



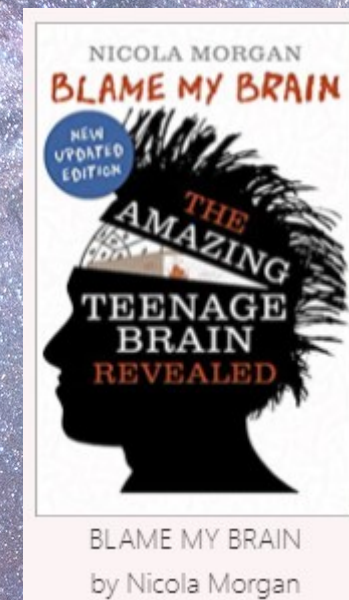
BRAINSTORM  
by Dr. Daniel J. Siegel



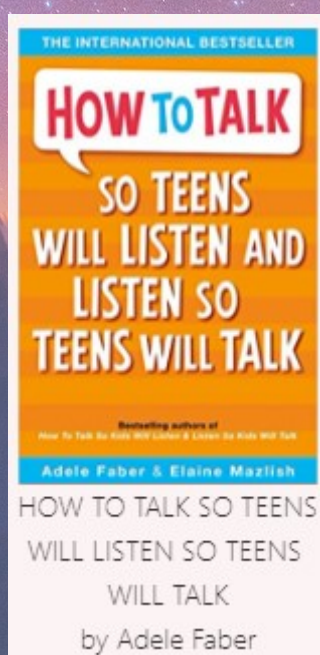
THE WHOLE-BRAIN  
CHILD  
by Dr. Tina Payne Bryson  
and Dr. Daniel Siegel



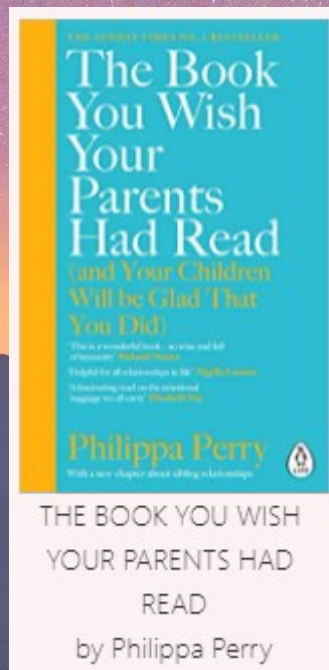
THE POWER OF  
SHOWING UP  
by Dr. Daniel J. Siegel and  
Dr. Tina Payne Bryson



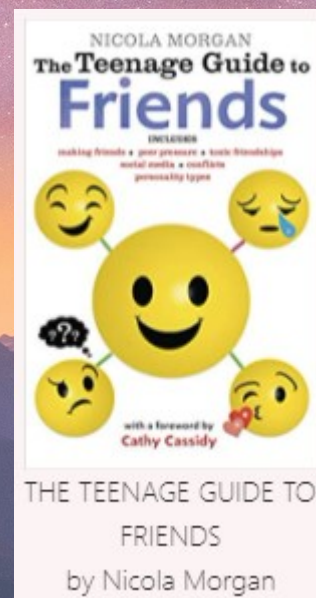
BLAME MY BRAIN  
by Nicola Morgan



HOW TO TALK SO TEENS  
WILL LISTEN SO TEENS  
WILL TALK  
by Adele Faber



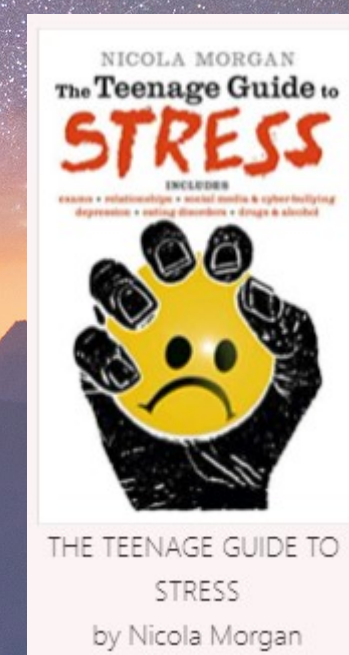
THE BOOK YOU WISH  
YOUR PARENTS HAD  
READ  
by Philippa Perry



THE TEENAGE GUIDE TO  
FRIENDS  
by Nicola Morgan



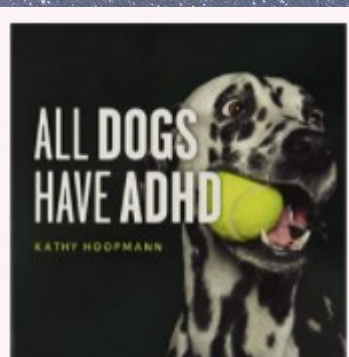
THE TEENAGE GUIDE TO  
LIFE ONLINE  
by Nicola Morgan



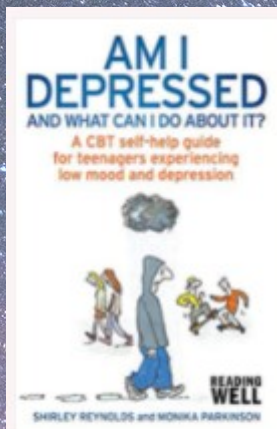
THE TEENAGE GUIDE TO  
STRESS  
by Nicola Morgan



THE ABC'S OF LGBT+  
by Ashley Mardell



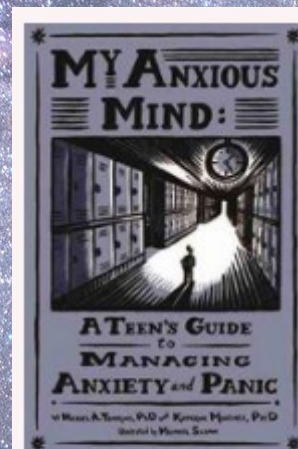
ALL DOGS HAVE ADHD  
by Kathy Hoopmann



AM I DEPRESSED AND  
WHAT CAN I DO  
ABOUT IT  
by Shirley Reynolds  
and Monika Parkinson



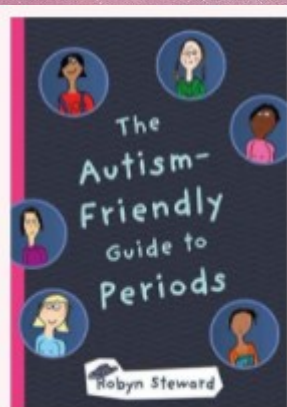
STARVING THE ANXIETY  
GREMLIN  
by Kate Collins-Donnelly



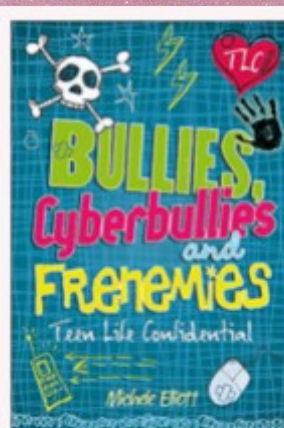
MY ANXIOUS MIND: A  
TEEN'S GUIDE TO  
MANAGING ANXIETY  
AND PANIC  
by Michael A. Tompkins



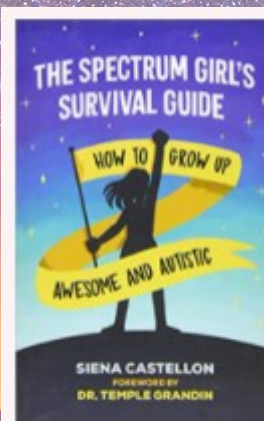
ALL CATS ARE ON THE  
AUTISM SPECTRUM  
by Kathy Hoopmann



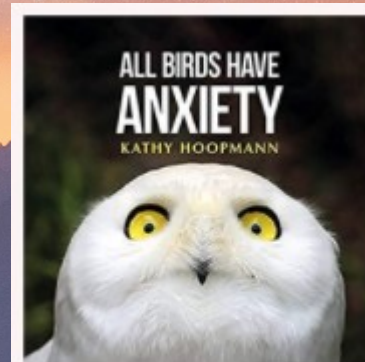
THE AUTISM FRIENDLY  
GUIDE TO PERIODS  
by Robyn Steward



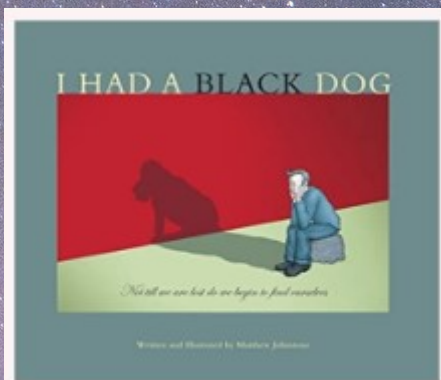
BULLIES, CYBERBULLIES  
AND FRENEMIES  
by Michelle Elliott



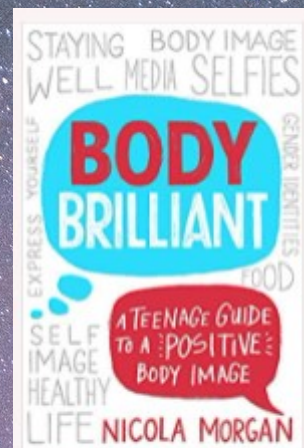
THE SPECTRUM  
GIRL'S SURVIVAL  
GUIDE: HOW TO  
GROW UP AWESOME  
AND AUTISTIC  
by Siena Castellon



ALL BIRDS HAVE ANXIETY  
by Kathy Hoopmann



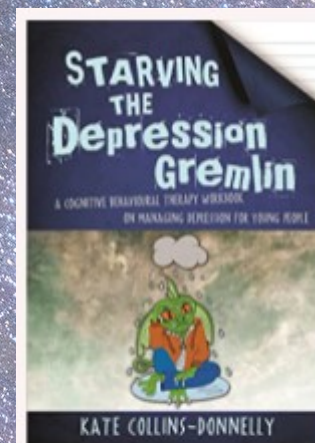
I HAD A BLACK DOG  
by Matthew Johnstone



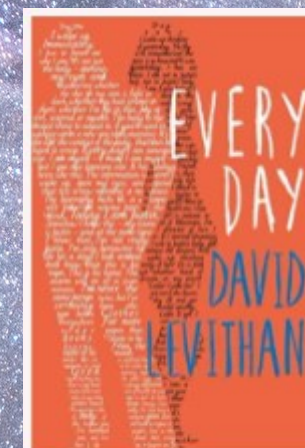
BODY BRILLIANT  
by Nicola Morgan



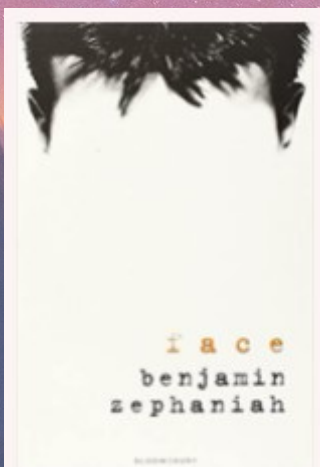
THE CURIOUS  
INCIDENT OF THE DOG  
IN THE NIGHT-TIME  
by Mark Haddon



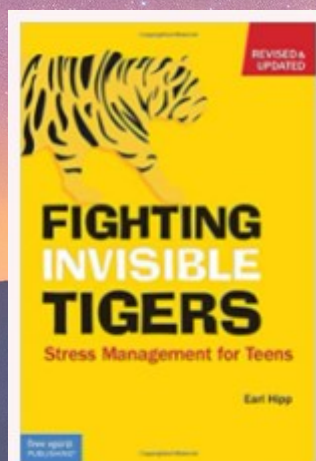
STARVING THE  
DEPRESSION GREMLIN  
by Kate Collins-Donnelly



EVERY DAY  
by David Levithan



FACE  
by Benjamin Zephaniah



FIGHTING INVISIBLE  
TIGERS  
by Earl Hipp



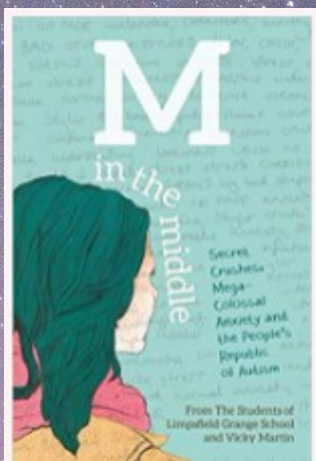
HOUSE OF WINDOWS  
by Alexia Casale



THE INDEPENDENT  
WOMAN'S HANDBOOK  
FOR SUPER SAFE  
LIVING ON THE  
AUTISTIC SPECTRUM  
by Robyn Steward



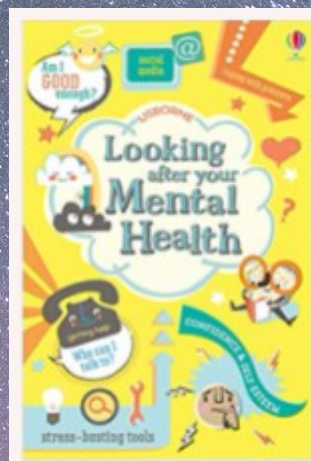
KITE SPIRIT  
by Sita Brahmachari



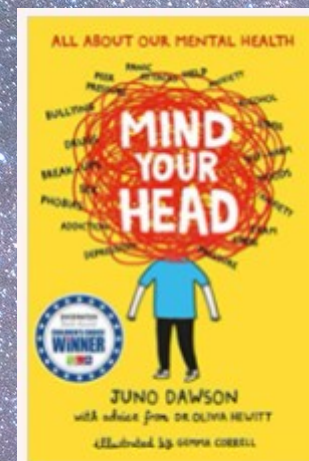
**M IN THE MIDDLE**  
by The Students of  
Limpsfield Grange School  
and Vicky Martin



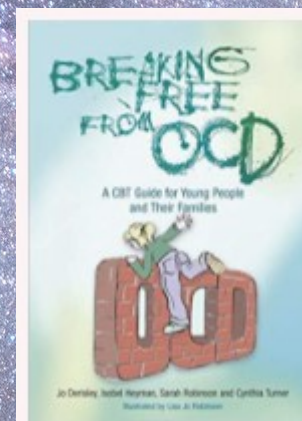
**M IS FOR AUTISM**  
by The Students of  
Limpsfield Grange  
School and Vicky  
Martin



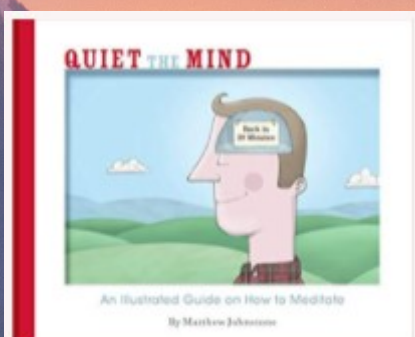
**LOOKING AFTER YOUR  
MENTAL HEALTH**  
by Alice James and  
Louie Stowell



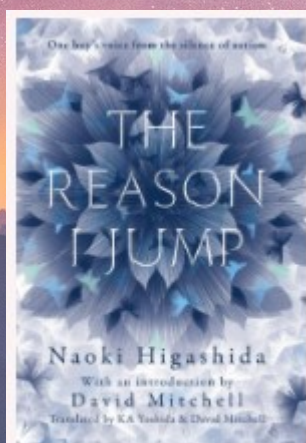
**MIND YOUR HEAD**  
By Juno Dawson



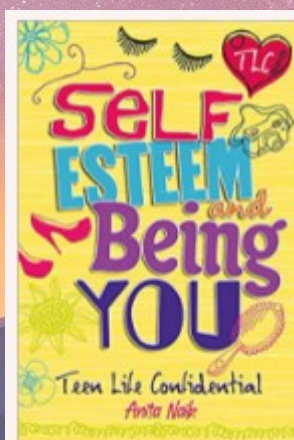
**BREAKING FREE FROM  
OCD**  
by Sarah Robinson,  
Cynthia Turner, Jo  
Derisley and Isobel  
Heyman



**QUIET THE MIND**  
by Matthew Johnstone



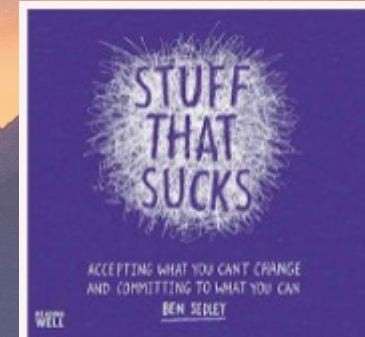
**THE REASON I JUMP**  
by Naoki Higashida



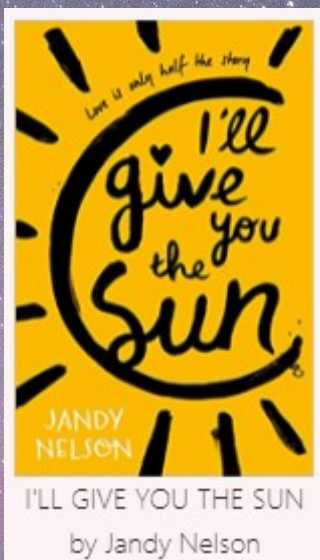
**SELF-ESTEEM AND  
BEING YOU**  
by Anita Naik



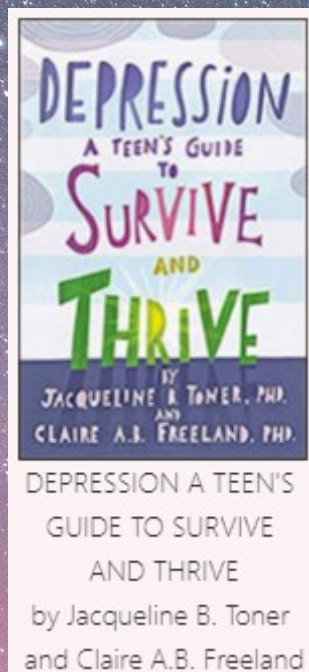
**THE SHYNESS & SOCIAL  
ANXIETY WORKBOOK FOR  
TEENS**  
by Jennifer Shannon



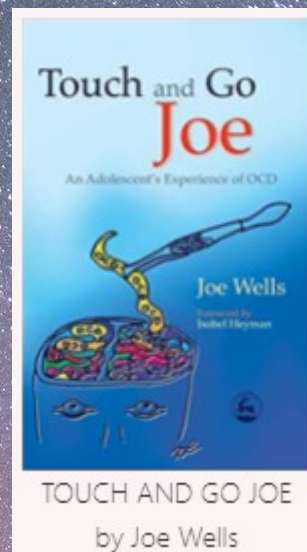
**STUFF THAT SUCKS**  
by Ben Sedley



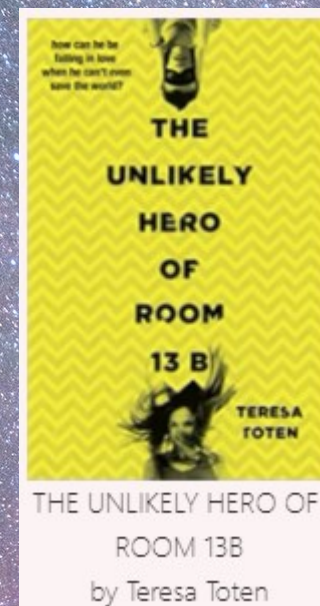
I'LL GIVE YOU THE SUN  
by Jandy Nelson



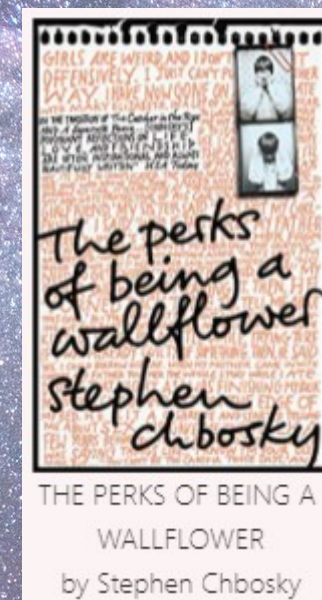
DEPRESSION A TEEN'S  
GUIDE TO SURVIVE  
AND THRIVE  
by Jacqueline B. Toner  
and Claire A.B. Freeland



TOUCH AND GO JOE  
by Joe Wells



THE UNLIKELY HERO OF  
ROOM 13B  
by Teresa Toten



THE PERKS OF BEING A  
WALLFLOWER  
by Stephen Chbosky



UNTANGLED  
by Lisa Damour



# SOCIAL MEDIA LINKS

*Here are some social media links to help cope with and manage your mental health and your child's mental health.*



Action for Happiness  
Movement of people  
building a happier society by  
making positive changes in  
their personal lives, homes,  
workplaces and communities  
INSTAGRAM



ADHD Couple  
Ingri | ADHD advocate 🌟🧠  
😊⚡ ADHD awareness +  
support  
📖 workbooks, planners & fun  
stickers  
👉❤️ PATREON & ETSY SHOP  
INSTAGRAM



Fight Through Mental  
Health  
🧠 Mental Health Support  
Community  
INSTAGRAM



How Mental | Health  
Wellbeing  
Get the right support for  
your mind 😊  
Care for the people you love  
most 👨👩👧  
Make mental health a global  
priority 🌍❤️🧠  
INSTAGRAM



Mental Health Collaborative  
Dedicated to building resilient  
schools, communities, and  
corporations through mental  
health literacy education  
INSTAGRAM



Mental Health Mates  
Community Organization  
Helping you find your WE.  
Because you are NOT alone.  
A peer support group  
INSTAGRAM



Mind  
We're Mind, the mental health  
charity. We're fighting for  
mental health – for support,  
for respect, for you  
INSTAGRAM



Place 2Be  
Improves children's mental  
health. We are a charity with  
over 25 years' experience  
working with pupils, families and  
staff in UK schools  
INSTAGRAM



Rethink Mental Illness  
We're a mental health charity.  
Our goal is a better life for  
everyone severely affected  
by mental illness  
INSTAGRAM



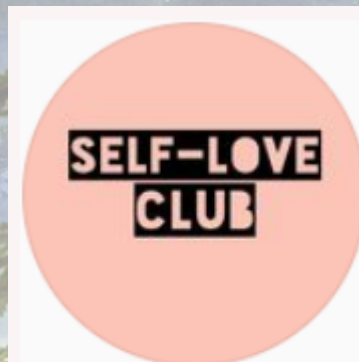
Samaritans  
We're here round the clock,  
every single day of the year.  
Whatever you're going  
through, call us free any  
time, from any phone on 116  
123  
INSTAGRAM



This Girl Can  
No one gets to choose how  
you exercise other than you.  
And whatever that looks like,  
we think it's worth celebrating  
#ThisGirlCan.  
INSTAGRAM



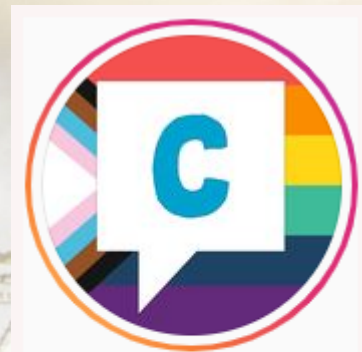
Well + Good  
Decoding and demystifying  
what it means to live a well  
life, inside and out  
INSTAGRAM



Self-love club  
Self love/Self care/Mental  
health  
INSTAGRAM



YoungMindsUK  
We are the UK's leading  
mental health charity for  
young people  
INSTAGRAM



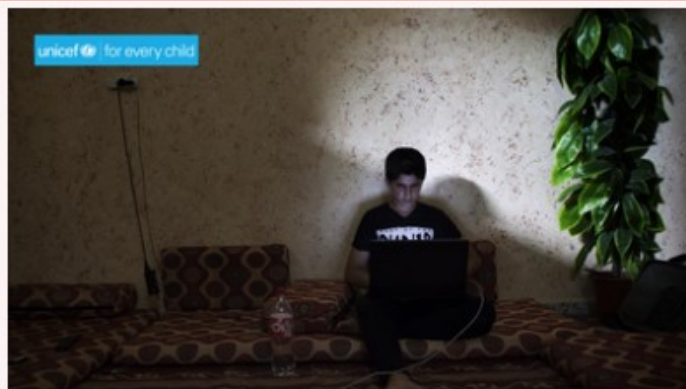
Childline  
Non-profit organisation for  
young people to get  
support  
INSTAGRAM





# FURTHER READING

*Here you will find a collection of articles that you might find helpful and interesting. They provide information on mental health and wellbeing.*



IS SOCIAL MEDIA BAD FOR TEEN'S MENTAL HEALTH?

Source: UNICEF



THE GOOD ENOUGH PARENT IS THE BEST PARENT

Source: Psychology Today



## Eating well and mental health

EATING WELL AND MENTAL HEALTH

Source: RC PSYCH

 Public Health England

## Child and Maternal Health

CHILD AND MATERNAL HEALTH

Source: Public Health England



## 5 STEPS TO MENTAL HEALTH AND WELLBEING

A Framework for Schools and FE Colleges

5 STEPS TO MENTAL HEALTH AND WELLBEING

Source: Anna Freud Centre



## Mental wellbeing audio guides


MENTAL WELLBEING AUDIO GUIDES

Source: NHS

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**Camden**  
**Camden's Local Offer**  
Information about support for children and young people (aged 0-25) with special educational needs and disabilities, and their families.  
Read our latest information and advice on Coronavirus.  
Resources for SEND Coronavirus (COVID-19) can be found [here](#).  
Find out about help and support available to parents in Camden



CAMDEN'S LOCAL OFFER  
Source: Camden

**6 WAYS TO TURN A BAD DAY AROUND**

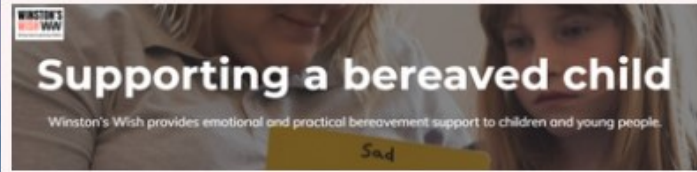


6 WAYS TO TURN YOUR BAD DAY AROUND  
Source: Headroom

**Guidance**  
**Guidance for the public on the mental health and wellbeing aspects of coronavirus (COVID-19)**  
Updated 19 May 2021  
Public Health England

GUIDANCE FOR THE PUBLIC ON THE MENTAL HEALTH AND WELLBEING ASPECTS OF CORONAVIRUS (COVID-19)  
Source: Public Health England

**Winston's Wish**  
**Supporting a bereaved child**  
Winston's Wish provides emotional and practical bereavement support to children and young people.  
Sad



SUPPORTING A BEREAVED CHILD  
Source: Winston's Wish

**Thinking about therapy?**  
Could counselling change your life?  
If you're not sure whether therapy could help, what type of therapy you need, or how to find a safe and effective counsellor or psychotherapist, we'll help you find the information you need.



THINKING ABOUT THERAPY  
Source: Bapc


**NHS**  
**10-minute abs workout**  
Exercise  
10-MINUTE ABS WORKOUT  
Source: NHS

**A Parent's Guide to Surviving the Teen Years**  
KidsHealth



A PARENT'S GUIDE TO SURVIVING THE TEEN YEARS  
Source: Kids Health

**Coping with your teenager**  
NHS  
COPING WITH YOUR TEENAGER  
Source: NHS

  
**HELPING TEENS RIDE THE WAVES OF SEXUALITY AND ROMANCE**  
HELPING TEENS RIDE THE WAVES OF SEXUALITY AND ROMANCE  
Source: Growing Strong Families



HELP FOR PARENTS OF TROUBLED TEENS

Source: Help Guide

**YOUNG MINDS**

## Parents survival guide

Parenting isn't always easy. Although it's often amazing and rewarding to watch your children grow, and to help them learn to be independent, it can also be really hard work.

PARENTS SURVIVAL GUIDE

Source: YoungMinds

**raisingchildren.net.au**  
the Australian parenting website

Suitable for 9-18 years

## Relationships with parents and families: why teenagers need them

RELATIONSHIPS WITH PARENTS AND FAMILIES: WHY TEENAGERS NEED THEM

Source: Raising Children

**Rise**  
Raising Resilient & Resilient

## Wellbeing for Young People (13yrs+) | PTSD in Teenagers | Helping teens with depression

WELLBEING FOR YOUNG PEOPLE (13YRS+) | PTSD IN TEENAGERS | HELPING TEENS WITH DEPRESSION

Source: Rise

**internet matters.org**

## MANAGING A TEEN'S DIGITAL LIFE: TIPS FOR PARENTS

Source: Internet Matters

**YOUNG MINDS**

## 20 activities for 20 minutes

Need some inspiration? Here's a list of activities you could do in twenty minutes with your child.

20 ACTIVITIES FOR 20 MINUTES

Source: YoungMinds

**THE WALL STREET JOURNAL**

## What Teens Need Most From Their Parents

WHAT TEENS NEED MOST FROM THEIR PARENTS

Source: The Wall Street Journal

**raisingchildren.net.au**  
the Australian parenting website

Suitable for 9-18 years

## ENCOURAGING GOOD BEHAVIOUR IN TEENAGERS: 20 TIPS

Source: Raising Children

**Child Mind Institute**

## Tips for Communicating With Your Teen

TIPS FOR COMMUNICATING WITH YOUR TEEN

Source: Child Mind Institute

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Parent Club



SUPPORTING OLDER CHILDREN AND TEENS  
Source: Parent Club



## Setting boundaries for teenagers

SETTING BOUNDARIES FOR TEENAGERS  
Source: Family Lives

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