



PRIMARY AGE CHILDREN

Generic emotional well-being & mental health links

1. <https://www.camhs-resources.co.uk/> This is a fantastic website that has details of books, weblinks, apps, videos and contains resources around emotional / mental health
2. <https://www.healthyyoungmindsinherts.org.uk/parents-and-carers> Healthy Young Minds in Herts
3. <https://youngminds.org.uk/> Young Minds – Children and Young people’s mental health charity. Filled with information and have a parents helpline
4. <https://www.mentallyhealthyschools.org.uk/resources/> This is the website developed to support the work of the Princes and their Heads Together campaign. It is largely targeted at schools but lots of useful resources
5. http://www.thegrid.org.uk/learning/hwb/ewb/resources/documents/child_dev_poster0-11.pdf Developmental poster

Anger

1. <https://copingskillsforkids.com/managing-anger>
2. <https://www.supernanny.co.uk/Advice/-/Parenting-Skills/-/Discipline-and-Reward/Dealing-with-a-very-angry-child.aspx>
3. <https://www.headspace.com/meditation/anger>

Anxiety

1. <https://healthyfamilies.beyondblue.org.au/age-6-12/mental-health-conditions-in-children/anxiety> Supporting an anxious child
2. <https://youngminds.org.uk/media/2957/top-ten-tips-poster.pdf> Helping managing change for children
3. <https://www.childline.org.uk/info-advice/your-feelings/anxiety-stress-panic/>
4. <https://healthyfamilies.beyondblue.org.au/age-6-12/mental-health-conditions-in-children/anxiety/strategies-to-support-anxious-children>
5. <https://www.rcpsych.ac.uk/mental-health/parents-and-young-people/information-for-parents-and-carers/worries-and-anxieties---helping-children-to-cope-for-parents-and-carers>



Bereavement

1. Winston's Wish <https://www.winstonswish.org/>
2. Child Bereavement UK <https://www.childbereavementuk.org/>
3. Cruse Bereavement Care <https://www.cruse.org.uk/>
4. Child Bereavement <https://www.childbereavementuk.org/supporting-bereaved-children-and-young-people>

Coronavirus

1. This is a specific resource for children and young people on the Autistic Spectrum
<http://www.cardiffandvaleuhb.wales.nhs.uk/sitesplus/documents/1143/Supporting%20Children%20with%20LD%20&%20ASD%20with%20COVID%20Isolation.pdf>
2. Primary School age resource https://660919d3-b85b-43c3-a3ad-3de6a9d37099.filesusr.com/ugd/64c685_319c5acf38d34604b537ac9fae37fc80.pdf
3. Advice for parents and carers on supporting children concerned about COVID https://emergingminds.org.uk/wp-content/uploads/2020/03/COVID19_advice-for-parents-and-carers_20.3_.pdf
4. From the Children's Commissioner – really accessible information
https://www.childrenscommissioner.gov.uk/publication/childrens-guide-to-coronavirus/?utm_source=Children%27s+Commissioner+for+England&utm_campaign=55b235e7e4-EMAIL_CAMPAIGN_2020_03_31_04_29&utm_medium=email&utm_term=0_5e06e44c59-55b235e7e4-24069761

Eating issues

1. <https://www.beateatingdisorders.org.uk/> Fantastic source of resources around problematic eating and eating disorders
2. <https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-to-support-eating-problems/>
3. <https://youngminds.org.uk/find-help/feelings-and-symptoms/eating-problems/>



Mindfulness

1. <https://www.meditationinschools.org/wp-content/uploads/2015/02/Mindful-Listening.pdf>
2. <https://positivepsychology.com/mindfulness-for-children-kids-activities/>

Parents (Factsheets)

1. <https://www.rcpsych.ac.uk/mental-health/parents-and-young-people/information-for-parents-and-carers/dealing-with-tantrums-for-parents-and-carers> Dealing with Tantrums
2. <https://www.rcpsych.ac.uk/mental-health/parents-and-young-people/information-for-parents-and-carers/worries-and-anxieties---helping-children-to-cope-for-parents-and-carers> Worries & Anxiety
3. <https://www.justtalkherts.org/media/documents/toptipsforparents.pdf>
4. Understanding Childhood <http://www.understandingchildhood.net/our-leaflets/>
5. <https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-to-support-anxiety/> Parents guide to supporting anxiety

Resilience

1. <https://www.heysigmund.com/building-resilience-children/>
2. <https://resources.beststart.org/wp-content/uploads/2018/11/K35-E.pdf>

Self Esteem

1. https://parentinfo.org/sites/default/files/Uniquely%20Me_0_0.pdf Positive body image resource
2. <https://positivepsychology.com/self-esteem-worksheets/>

We hope that the above will be of use to you. It is not an exhaustive list so please do get in touch if you are looking for something specific. Stay safe.