



Useful websites for general resources to support children and young people’s emotional well-being.

Who?	What?	Where?
 <p>Anna Freud National Centre for Children and Families</p>	<p>Information and resources for schools and parents about child mental health and wellbeing</p>	<p>https://www.annafreud.org/</p>
 <p>Anxiety CANADA</p>	<p>This website contains resources and self-help guides for a range of age groups and different types of anxiety</p>	<p>https://www.anxietycanada.com/</p>
 <p>aye mind</p>	<p>A collection of digital resources to promote and support the emotional wellbeing of young people</p>	<p>http://ayemind.com/resource-map/</p>
 <p>childline ONLINE, ON THE PHONE, ANYTIME</p>	<p>Info, advice, and tools for children and young people to support emotional wellbeing, plus a telephone helpline</p>	<p>https://www.childline.org.uk/</p>
 <p>CHUMS</p>	<p>Contains a range of downloadable information leaflets for young people and families, as well as accepting self-referral for further support and intervention</p>	<p>http://chums.uk.com/downloads/</p>
 <p>YOUNG MINDS</p>	<p>Information for young people and parents about mental health and wellbeing</p>	<p>https://youngminds.org.uk/</p>



A Scottish-based website providing information about children and young people's emotional wellbeing – useful topic guides on a range of areas

<http://www.handsonscotland.co.uk/A-Z-of-topics/>



Advice and information for parents and families about mental health of children and young people

<https://mindedforfamilies.org.uk/>



A website for children and parents with a range of resources and self-help guides about mental health

<http://www.moodcafe.co.uk/>



Tools and resources to assist parents, teachers and health professionals to support children's emotional wellbeing

<http://plantlovegrow.com/free-tools.html>





Useful websites for general family support/parenting support

Who?	What?	Where?
	Resources and strategies for parenting, behaviour, communication and good relationships	https://www.ahaparenting.com/
	A national family support charity providing help and support to families who are struggling	https://www.familylives.org.uk/
	A resource for parents on child development, with a focus on nutrition	https://infantandtoddlerforum.org/

Useful websites with support and resources for older teenagers and adults.

Who?	What?	Where?
	 <p>CBT self help and therapy resources, including worksheets and information sheets and self help mp3s</p>	<p>https://www.getselfhelp.co.uk/</p>
	<p>A mental health charity offering information and support on a range of areas</p>	<p>https://www.mind.org.uk/</p>
	<p>Free online mindfulness sessions and podcasts for young people and adults</p>	<p>https://oxfordmindfulness.org/online-sessions-podcasts/</p>
	<p>Self-help guides on a range of mental health topics, suitable for older teenagers and adults</p>	<p>http://www.moodjuice.scot.nhs.uk/</p>
	<p>A charity with the aim of making sure fewer people die by suicide, providing a 24 hour helpline for those in crisis</p>	<p>https://www.samaritans.org/</p>

Useful websites with information and support following a bereavement

Who?	What?	Where?
 <p>Cruse Bereavement Care</p>	<p>Support, advice and information for children, young people, and adults when someone dies</p>	<p>https://www.cruse.org.uk/</p>
 <p>hopeagain young people living after loss</p>	<p>The youth website of Cruse Bereavement Care, helping young people manage with grief</p>	<p>https://www.hopeagain.org.uk/</p>
 <p>stars For young people facing grief</p>	<p>A charity providing support for young people facing grief</p>	<p>https://talktostars.org.uk/</p>
 <p>WINSTON'S WISH WW Giving hope to grieving children</p>	<p>Support and information resources for children who have experienced a bereavement</p>	<p>https://www.winstonswish.org/</p>