

Building a Healthy Mind – Mental Health Resources

Remember – Mental Health resources are not to use when we feel there is a problem. A healthy mind is just as important as building a healthy body. We know the brain is like a muscle and that positive mental health is something that can be developed with the right tools.

<https://nowandbeyond.org.uk/support-for-parents> Links to lots of support services for parents and their children. (Use **Membership no: 26192 to access resources on ParentKind**)

<https://www.youngminds.org.uk/parent/> Parents helpline and A-Z of mental health resources

<https://parentingsmart.place2be.org.uk/> Practical tips through video to support primary aged children's wellbeing and behaviour

<https://mindforwardalliance.uk/Resources/Parents-Toolkit> - Full interactive toolkit for all mental health concerns

<https://www.myemotionsactivitybook.com/meab-resource-hub/my-emotions-activity-book> Downloadable activity book to open up conversations and discover more about your child

<https://www.parentingmentalhealth.org/> Guide to support parents who are parenting a child with a mental health issue

<https://www.gingerbread.org.uk/> support for single parents

https://www.futurelearn.com/info/courses/coping-with-changes/0/steps/160182?utm_campaign=Share+Links&utm_medium=futurelearn-open_step&utm_source=email 6 minute video with PDF describing the importance of play in building wellbeing and academic achievement.

<https://www.futurelearn.com/courses/coping-with-changes> Self-paced course, exploring the practical and emotional challenges facing children. You will discover learning through play and stress management strategies that can help.

<https://families.barnardos.org.uk/> Virtual family hub