

Physical/Mental Health and Wellbeing Resources

Keeping our children (and ourselves) mentally well is important as in the last three years, the likelihood of young people struggling with mental health has increased by 50%. There are a range of useful websites out there for children struggling with mental health, some recommended ones are detailed below.

- The Children's Society

<https://www.childrensociety.org.uk/what-we-do/our-work/well-being/mental-health-statistics>

- Mental Health – Children and Young People

<https://www.mentalhealth.org.uk/a-to-z/c/children-and-young-people>

- Young Minds

https://www.youngminds.org.uk/?gclid=EAIaIQobChMI4em1hYyM9wIVm-3tCh35RgnwEAAYASAAEgL56_D_BwE

- Barnardos

https://www.barnardos.org.uk/what-we-do/helping-families/mental-health?gclid=EAIaIQobChMI4em1hYyM9wIVm-3tCh35RgnwEAAYAiAAEgJU5_D_BwE

- NHS

<https://www.nhs.uk/every-mind-matters/supporting-others/childrens-mental-health/>

- NCPCC

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

