



Links to resources for parents: Mental Health and Well Being

Parenting with mental Health Problems: <https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/mental-health-parenting/>

Advice and Support with Mental Health: <https://www.mind.org.uk/>

Samaritans: <https://www.samaritans.org/>

Talking about difficult topics with your child: <https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/talking-about-difficult-topics/>

Moving – talking about moving schools with your child/Transition to Secondary:
<https://www.childline.org.uk/info-advice/school-college-and-work/school-college/moving-schools/>

Arguments, Conflict and Family Tension: Support for parents:
<https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/arguments-conflict-family-tension/>

Talking about Separation and Divorce: <https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/separation-and-divorce/>

Divorce and Separation Support: <https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/divorce/>

Domestic Abuse: <https://www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/domestic-abuse/>

Working from Home: <https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/parents-working-from-home/>

Alcohol, Drugs and Parenting support: <https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/alcohol-drugs-parenting/>

Early Help Guide for Parents: <https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/early-help-and-early-intervention-services/>

Supporting children with exams: <https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/exam-time/>

Grief and Loss:

- Young Minds: <https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/grief-and-loss/>
- Child Bereavement UK <https://www.childbereavementuk.org/supporting-bereaved-children-and-young-people>
- Winston's Wish <https://www.winstonswish.org/supporting-you/grief-support-young-people/>
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Supporting Self Esteem: <https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/self-esteem/>

Barnardos: <https://www.barnardos.org.uk/get-support/support-for-parents-and-carers/mental-health/supporting-your-child>