
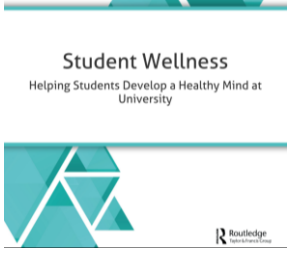
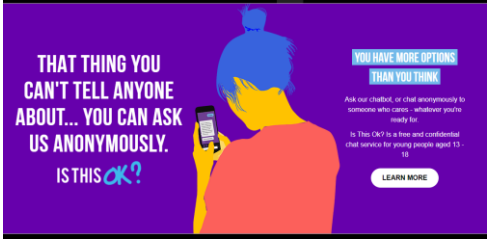

















# Mental Health Information & Support

Subcategory	Resource links	Image	Age rating
General mental health information and support	<a href="#">BBC iPlayer - Dr. Chris and Dr. Xand Investigate - Series 1: 1. Mental Health</a>		KS3 & KS4
Student Wellness Helping Students Develop a Healthy Mind at University	<a href="#">Student Wellness GKH.pdf (tandfbis.s3-us-west-2.amazonaws.com)</a>		KS5
Mental health support	<a href="#">Home - Is This OK?</a>		All
Having a conversation with parents and carers about mental health	<a href="https://youngminds.org.uk/resources/school-resources/having-a-conversation-with-parents-and-carers-about-mental-health/">https://youngminds.org.uk/resources/school-resources/having-a-conversation-with-parents-and-carers-about-mental-health/</a>		Teachers and school staff
Young Minds - Information for parents	<a href="https://youngminds.org.uk/find-help/for-parents/">https://youngminds.org.uk/find-help/for-parents/</a>		Parents

Children's mental health	<a href="https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/">https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/</a>		Teachers, staffs and parents
Mind - Mental health information and support	<a href="https://www.mind.org.uk/information-support/">https://www.mind.org.uk/information-support/</a>		All
<b>Mind</b> - Information for young people aged 11-18	<a href="https://www.mind.org.uk/information-support/for-children-and-young-people/">https://www.mind.org.uk/information-support/for-children-and-young-people/</a>		All students
NHS general information on mental health	<a href="https://www.nhs.uk/mental-health/">https://www.nhs.uk/mental-health/</a>		All
Mental health for children, teenagers and young adults	<a href="https://www.nhs.uk/mental-health/children-and-young-adults/">https://www.nhs.uk/mental-health/children-and-young-adults/</a>		All students
Anna Freud - On my mind; empowering young people to make informed choices	<a href="https://www.annafreud.org/on-my-mind/">https://www.annafreud.org/on-my-mind/</a>		All students
Anna Freud - Information for parents and carers	<a href="https://www.annafreud.org/parents-and-carers/">https://www.annafreud.org/parents-and-carers/</a>		Parents and carers

<p>Mental Health First Aid England - Resources</p>	<p><a href="#">· MHFA England</a></p>		<p>Teachers</p>
<p>Information and advice on depression and anxiety</p>	<p><a href="https://www.studentsagainstdepression.org/">https://www.studentsagainstdepression.org/</a></p>		<p>KS4 &amp;KS5 Teachers Parents</p>
<p>Advice and activities to support children and parents with their mental health and emotional wellbeing</p>	<p><a href="#">Mental health and wellbeing - Support for Parents from Action For Children</a></p>		<p>Parents</p>
<p>Information and advice on mental health for young people under 25 years old.</p>	<p><a href="#">Mental Health - The Mix</a></p>		<p>Students</p>
<p>How to start a conversation with children and young people about mental health</p>	<p><a href="#">How to start a conversation with children and young people about mental health : Mentally Healthy Schools</a></p>		<p>Parents and Teachers</p>
<p>Information about CAMHS and their services</p>	<p><a href="#">Who is who in CAMHS - for parents, teachers, young people and carers   Royal College of Psychiatrists (rcpsych.ac.uk)</a></p>		<p>Students, parents and teachers</p>

<p>Advice for parents, carers and young people</p>	<p><a href="#">MindEd For Families</a></p>	 <p><b>MindEd for Families</b></p>	<p>All</p>
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