**Mental Health and Wellbeing**

The mental health and wellbeing of your child is very important to us in school. Studies have shown that happy people have more successful and fulfilling lives. We will be teaching mental health in all classes this year. The focus of this will be on positive thinking and supporting a positive mental health attitude. There is some guidance below to support you to support your child’s mental health.

There's a difference between feeling a bit low from time to time and a serious emotional health problem.

If your child is feeling unhappy and low for a prolonged period of time, it's time to seek more professional help.

You can seek help from your GP, Early Intervention services and through school. These services can have long waiting lists, so in the meantime here are some useful websites. These charities can support you to support your child; give you information to help you understand your child; and help you to support your own mental health at a difficult time.

[YoungMinds](https://youngminds.org.uk/) offers free confidential online and telephone support to anyone worried about the emotional and mental wellbeing of a child or young person up to the age of 25.

* call the free parents' helpine on 0808 802 5544 from 9.30am to 4pm, Monday to Friday
* email [parents@youngminds.org.uk](mailto:parents@youngminds.org.uk) and YoungMinds will respond to your query within 3 working days

The charity also has [information for parents and carers about mental health](https://youngminds.org.uk/find-help/for-parents/).

**MindEd**

[MindEd](https://www.minded.org.uk/) is an online e-portal offering free, simple advice to help adults identify, understand and support children and young people with mental health issues.

Although it's aimed at professionals, parents and carers may also find the information helpful.

**Royal College of Psychiatrists**

You can also find out more by exploring the [Royal College of Psychiatrists' leaflets for parents and young people](https://www.rcpsych.ac.uk/healthadvice/parentsandyouthinfo.aspx).

These include mental health information tailored for young people, parents, teachers and carers.

https://www.anxietyuk.org.uk/

This website offers some counselling services for children and parents.

**Self-help Leaflets**

https://web.ntw.nhs.uk/selfhelp/



