

Useful Websites

Young Minds

Support and info for young people. Also lots of info for parents on how to support your child. Details about their parents Webchat.

BBC Bitesize

Parent resources and info on supporting yours and your child's wellbeing.

OTR downloadable resources

OTR Zines created for young people to use. Topics include loneliness, relationships, communication, stress, and lots more!

SEND and You

Information and support for children, young people and parents around Special Educational Needs and Disabilities.

FLORA - Families, Local Offer, Resources and Advice - also provide support to families with SEND children. Email flora@bristol.gov.uk

Useful Websites

Fight/Flight/Freeze Video for Kids

Useful video to show kids about our body's natural response to anxiety.

We Heart CBT

Self-help resources for parents to use with children.

Bristol Mind

Details of Mind Helpline. Information about services in Bristol, including low cost/free talking therapies available. Refugee & Hate Crime services.

Anna Freud

Mental health & wellbeing info and resources for parents (including parental self-care). Details about their 24/7 crisis messenger.

On My Mind

Anna Freud webpage for young people, including advice and information.

Useful Websites

VitaMinds

Self-referral, free mental health support for adults aged 16 and over. 1:1, group work and self-help resources.

NHS self-help leaflets for adults

Gingerbread

Support for single parents including peer groups, urgent support, information & advice, webchat, and helpline.

CAMHS website

Website for the NHS Child & Adolescent Mental Health Services in Bristol, North Somerset & South Glos.

CAMHS Emergency Line: Urgent advice and guidance to support young people in crisis, who may need to attend hospital: 0800 953 9599
24/7 free phone

Useful Websites

Emotionally Based School Avoidance (EBSA)

Somerset Council's webpage with guidance & support for parents/carers on Emotionally Based School Avoidance.

'Helping Your Child with Fears & Worries'

By Cathy Cresswell & Lucy Willets. A book that guides you on supporting your child overcome their worries/anxiety. Lots of great information and strategies to work through.

Place2Be: Parenting Smart

Parenting advice from mental health experts to support your child's wellbeing and/or behaviour.

You've Been Missed

Lots of great self-help resources for parents, children & young people on a range of topics including emotions, mental health and self-care.

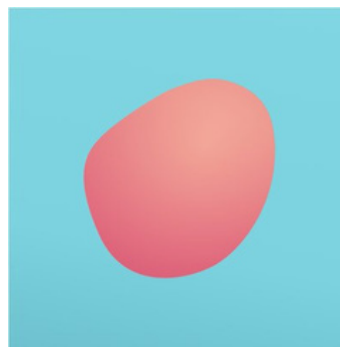
Useful Apps

SMILING MIND



Meditation program to help bring mindfulness into your life.

COVE



Create music to reflect emotions and help to express how you feel.

CHILL PANDA



Helps children understand stress and use breathing techniques, yoga, exercise and calming games.

CALM HARM



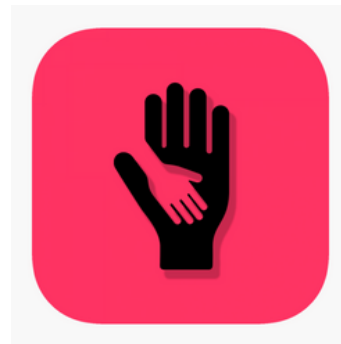
Helps young people to manage the urge to self-harm.

SAM



Helps you to understand and manage anxiety.

WHAT'S UP



Uses CBT methods to help you cope with difficult emotions.

MEE TWO



Provides peer support, expert help, and inbuilt educational and creative resources.

THINK NINJA



Helps young people with mental health, emotional well-being and resilience.