



WELLBEING DIRECTORY

Resources for Parents and Carers



It's been a difficult time for many, and we know that lots of us are struggling at the moment. It's so important that we look after ourselves and one another, and there are some really great resources around to help with this. This directory contains links to fantastic websites and materials which are aimed at supporting you and your child's wellbeing in this challenging time. If you know of any brilliant resources you think we should include here, please email them to cga@clapton.hackney.sch.uk

YoungMinds Charity

*Mental health
resources specifically
for young people*

YOUNGMINDS

Tower Hamlets CEPN

*Assessing for
Suicide in Kids
Workshop*



The "ASK" Workshop
Assessing for Suicide in Kids v.3

CAMHS

*Child and Adolescent
Mental Health
Services*

CAMHS
Child and Adolescent
Mental Health Services

Winston's Wish

*Child bereavement
charity*

**WINSTON'S
WISH WW**

City and Hackney CAMHS

*Bereavement leaflet
by child psychotherapists*

The logo for 'Understanding Childhood' features the words 'Understanding' and 'Childhood' in a blue, rounded, sans-serif font. 'Understanding' is positioned above 'Childhood'. The text is set against a solid yellow rectangular background.

Child Bereavement UK

*Charity providing
bereavement support to
young people up to age 25.*

The logo for Child Bereavement UK consists of the text 'Child Bereavement UK' in a bold, sans-serif font. To the right of the word 'Child' is a stylized sun icon with a red semi-circle at the bottom and several red rays extending upwards. Below the main text, the tagline 'REBUILDING LIVES TOGETHER' is written in a smaller, red, all-caps sans-serif font.

St Joseph's Hospice

*Bereavement support
booklet*



**St Joseph's
Hospice**

Grief Encounter

*Charity supporting
bereaved children and
their families.*

The logo for Grief Encounter features the word 'grief' in a lowercase, rounded, purple font, positioned above the word 'encounter' which is in a similar lowercase, rounded, purple font. The two words are stacked vertically.

Growing Minds

*Family Action
Charity-run services*



**Building
stronger
families**

Mental Health Foundation

*Parenting during the
Coronavirus outbreak*



**Mental Health
Foundation**

GOV.UK

*Guidance for
parents and
carers*



GOV.UK

Samaritans Charity

*Mental health and
suicide helpline
Phone: 116 123*

SAMARITANS

Shout (charity)

Free 24/7 text messaging service for students and adults



Parent Zone

Article: Why parents need new tools to support their children



We Are With You

Advice for parents on self-harm and young people



NHS Every Mind Matters

Online resource with tips on managing anxiety.



NHS

*List of apps
for adults*



Relate (charity)

*Advice and tips for
healthy relationships
during Covid-19*



Mind (charity)

*Mental health
support charity*



Mental Health Foundation

*Looking after your
mental health during
the pandemic*



Everyone Health

Free healthy eating and lifestyle services for children and families



ParentKind

Free resources to support online learning.



The Conversation

Article for parents on mental health



Family Action

Off-centre: Counselling, therapy, advice and support



Huffington Post

Article: How to Explain Covid-19 Developments to your Kids



Positive Parenting Project

Activities to do with kids, tips on home-working and mental health



Positive
Parenting
Project.

Oak National Academy

Resources to support online teaching and learning



BBC Bitesize

Online lessons and resources



The Parents' Guide

Supporting children through Covid-19

The Parents' Guide to

TikTok Leaflet

Information for parents on TikTok's disruption of online learning



WorkingDads

Tips for homeschooling

workingdads