

Mental Health

Where to find help:

- [Home - HappyMaps: Help and Resources for Children's Mental Health](#) website has information about where to find help for all sorts of questions and issues around supporting children's mental health and well-being.

Children's Mental Health Resources

There are some lovely short videos on Youtube to get us all thinking and talking about our mental health and to encourage us all, adults and children to express ourselves:

- [Talking Mental Health \(youtube.com\)](#) – what to do when those big feelings take over
- <https://youtu.be/cUUSxgVGQxk> helps us to see that mistakes can be good
- [the squiggle game — Fantasy/Animation \(fantasy-animation.org\)](#) - a simple but great fun way to get creative

BBC Bitesize Top Tips

- Five ways to support children's mental health - BBC Bitesize

HFEH Mind

[Children & Young People - Hammersmith, Fulham, Ealing and Hounslow Mind \(hfehmind.org.uk\)](#)

SCARF Resources

- [Family SCARF \(coramlifeeducation.org.uk\)](#)

Anna Freud National Centre for Children and Families - parent guide

- Parent Guide To Talking About Mental Health

Seeking help for a mental health problem

MIND - A guide to taking the first steps, making empowered decisions and getting the right support for you.

- [YoungMinds | Mental Health Charity For Children And Young People | YoungMinds](#)
- [How to seek help for a mental health problem - Mind](#)

The Mental Health Foundation is a charity specialising in research and policy development, with a focus on preventing mental health problems. This website has details on services and organisations that offer help and support directly to people with mental health problems.

- [Get help | Mental Health Foundation](#)
- [Families - Children's Mental Health Week \(childrensmentalhealthweek.org.uk\)](#)

Health for Kids! by Leicestershire NHS Partnership

Leicestershire County Council Support Available

LCC have produced information for parents with links and advice to support both children's and adults' mental health.

- Leicestershire resource booklet.pdf
- Leicestershire Resource leaflet.pdf
- Leicestershire resource poster.pdf