

Support for parent and children's mental wellbeing

Parental wellbeing is so important, it is very difficult to look after others without looking after ourselves. Here are some links for parents to use to support their own wellbeing and their child's.

Mental Health First Aid

https://mhfaengland.org/remote-working-resources/everyone/?_cldee=bWljaGVsbGVhc2hsZXk3MUBhb2wuY29t&recipientid=contact-31e79cbc8ed3e8118153e0071b66d061-1b17ac89439648c5bc4dbb2db002fa9c&esid=72773b18-ef77-ea11-a811-000d3ab82d69

Tameside and Glossop MIND and Youth in Mind

<https://www.togmind.org>

Supporting Mental Health during the pandemic

<https://www.mind.org.uk/information-support/coronavirus/coronavirus-and-your-wellbeing/#collapse842d2>

<https://www.youngminds.org.uk/parent/blog/talking-to-your-child-about-coronavirus>

<https://youtu.be/ZnANLAcPRZ4>

Mental Wellbeing Apps

https://parentzone.org.uk/article/10-mental-wellbeing-apps-all-family?utm_source=Parent+Zone+Newsletter&utm_campaign=003358604d-EMAIL_CAMPAIGN_2020_05_28_10_20&utm_medium=email&utm_term=0_1ee27d9000-003358604d-179240017

