

Useful websites for parents

Wellbeing

NSPCC: Promoting mental health and wellbeing: [Promoting mental health and wellbeing | NSPCC Learning](#)

BBC Teach: 5 Ways to help with children's wellbeing: [Five ways to help with children's wellbeing - BBC Teach](#)

BBC Bitesize: Parent toolkit. Supporting your child's wellbeing: [Wellbeing advice for parents to support their child - BBC Parents' Toolkit - BBC Bitesize](#)

Oxfordshire County Council: 5 ways to wellbeing: [5 ways to wellbeing – Oxfordshire](#)

Oxford Health: What is mental Health: [What is mental health? | Oxford Health CAMHS](#)
[Oxford Health CAMHS](#)

- Be active, eat and sleep well: [Be active, eat & sleep well | Oxford Health CAMHS](#)
[Oxford Health CAMHS](#)
- Five ways to wellbeing: [Five ways to wellbeing | Oxford Health CAMHS](#)
[Oxford Health CAMHS](#)
- Relaxation techniques: [Relaxation techniques | Oxford Health CAMHS](#)
[Oxford Health CAMHS](#)
- Boost your self esteem: [Boost your self esteem | Oxford Health CAMHS](#)
[Oxford Health CAMHS](#)

Young Minds: How to talk to your child about mental health: [How to Talk to Your Child about Mental Health | YoungMinds](#)

Young Minds: My feelings: [Help With How I'm Feeling | Mental Health Advice | YoungMinds](#)
[YoungMinds](#)

Young Minds: What is self care? [What Is Self-Care? | Self-Care And Mental Health | YoungMinds](#)

Young Minds: Self esteem and believing in yourself: [Self-esteem and Believing in Yourself | Tips and Advice | YoungMinds](#)

Oxford Health: Cool apps for self care: [Cool apps | Oxford Health CAMHS](#)
[Oxford Health CAMHS](#)

Anxiety & Low mood

NSPCC: Depression, anxiety and mental health: [How to Help Children Suffering From Depression & Anxiety | NSPCC](#)

Oxford Health: Anxiety: [Anxiety | Oxford Health CAMHS](#)[Oxford Health CAMHS](#)

- Self help: Understanding and coping with anxiety: [Self-help: understanding and coping with anxiety | Oxford Health CAMHS](#)[Oxford Health CAMHS](#)

Get Self Help: Anxiety Self Help: [Anxiety Self Help | Get.gg - Getselfhelp.co.uk](#)

Young Minds: Anxiety: [What is Anxiety? | Symptoms of Anxiety & Getting Help | YoungMinds](#)

Oxford Health: Depression and mood disorders: [Depression and mood disorders | Oxford Health CAMHS](#)[Oxford Health CAMHS](#)

- Self help: Understanding and coping with depression: [Self-help: Understanding and coping with depression | Oxford Health CAMHS](#)[Oxford Health CAMHS](#)

Young Minds: Feeling down and unable to cope: [Feeling Down And Unable To Cope | Help And Advice | YoungMinds](#)

Sleep

Young Minds: What to do if your struggling to sleep: [What to do if you're struggling to sleep | YoungMinds](#)

Oxford Health: Understanding and dealing with poor sleep: [Young people: Understanding and dealing with poor sleep](#)[Oxford Health CAMHS](#)

Young Minds: Sleep problems: [Sleep Problems | Signs of Sleep Problems | YoungMinds](#)

The Sleep Charity: Children: [Children - The Sleep Charity](#)

Great Ormond Street Hospital: Sleep hygiene in children and young people: [Sleep hygiene in children and young people | Great Ormond Street Hospital \(gosh.nhs.uk\)](#)