**Emotional Well-Being Resources**

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| Description | Link |
| **Young Minds** – information for young people and children about mental health and emotional wellbeing. | <https://youngminds.org.uk/>  |
| **Childline** - a free, private and confidential service for children and young people - online, on the phone, anytime.  | The free phone number is 0800 1111 <https://www.childline.org.uk/>  |
| **PAUSE** is the free, confidential mental health advice and support service for children and young people in Birmingham. The link is to their resource page. | <https://www.forwardthinkingbirmingham.org.uk/resources> |
| **YoungMinds Parents’ Helpline** is a free, confidential helpline for any adult who is concerned about the emotional problems, behaviour or mental health of a child or young person up to the age of 25.  Reliable information for parents and carers about common mental health and behaviour concerns in children and young people aged 0-25.  | The parents’ helpline number is 0808 802 5544     <https://youngminds.org.uk/find-help/for-parents/parents-helpline/>  |
| **MindEd for Parents**: Is your child in crisis? Are you worried about them? Perhaps you just want some parenting tips. This site will help you understand and support your child. | <https://mindedforfamilies.org.uk/>  |
| **Kooth** is a free, safe and anonymous service to support young people’s emotional and mental health in Birmingham. The service is for young people aged 11-25. Kooth is linked into the wider mental health support from Forward Thinking Birmingham and offers:-Online mental health counselling and chat services from midday to 10pm during the week, and 6pm to 10pm at weekends-Peer to peer support through moderated discussion forum -Self-care tools and resources to build resilience-Early response to and identification of emotional wellbeing and mental health problems-And there are no waiting lists, referrals or thresholds to access the service. | self-referral at [www.kooth.com](http://www.kooth.com/) |
| **Mindful Monsters** Provide a set of cards that parents can subscribe to and they then receive a pack each month for a year which enables them to do activities with their children. They help with their concentration, relaxation, positivity and creativity through mindfulness. | <https://mindfulmonsters.co.uk/>  |
| **Anna Freud National Centre for Children and Families** have a series of podcasts for parents to understand and manage child and family mental health; there are also resources for supporting families. | <https://www.annafreud.org/parents/>  |
| **Children’s Mental Health Week** provides resources annually for primary and secondary aged children which can be used all year round. | <https://www.childrensmentalhealthweek.org.uk/parents-and-carers/> |