



Primary Aged Children

Generic emotional well-being & mental health links

- Visit the [Child and Adolescent Mental Health Services website](#) for details of books, weblinks, apps, videos and contains resources around emotional/ mental health
- Visit the [Healthy Young Minds in Herts website](#)
- Visit the [Young Minds' website](#) for information and advice on children and young people's mental health, they also have a parent's helpline
- [Mentally Healthy Schools](#) is a website developed to support the work of the Princes and their Heads Together campaign. It is largely targeted at schools but lots of useful resources
- [Child developmental poster](#), to view online or print.

Anger

- Visit [copingskillsfordkids.com](#) for tips on how to manage anger
- [Supernanny](#) has advice and guidance on parenting skills, discipline and reward and dealing with a very angry child.
- Use [Headspace.com](#) for meditation tips

Anxiety

- [Information and advice on supporting an anxious child](#)
- [A poster for children and young people](#) to help them manage change
- [Childline](#) has helpful information and advice for children and young people about their feelings and specifically feelings of anxiety, stress and panic
- [Information for parents and carers](#) on how to help their children and/ or young people deal with worries and anxieties



Bereavement

- [Winston's Wish is a website](#) that can help with Bereavement
- [Childbereavment.org](#) has lots of information and advice around child bereavement
- [Cruse Bereavement care](#)
- [Child Bereavement UK](#) help support bereaved children and young people

Coronavirus

- This is a specific [resource for children and young people on the Autistic Spectrum](#)
- [Primary School age resource](#)
- Advice for parents and carers on [supporting children concerned about COVID-19](#)
- From the Children's Commissioner – [accessible information](#)

Eating issues

- Fantastic source of [resources around problematic eating and eating disorders](#)
- [Young Minds' eating problem guide](#) for parents
- [Young Minds' help and advice](#) for feelings and symptoms of an eating problem



Mindfulness

- [Mindful listening](#)
- [Positivepsychology.com](#) has mindfulness activities for children and young people

Parents (Factsheets)

- [Resources for dealing with Tantrums](#)
- [Resources for dealing with worries and anxiety](#)
- [Justtalkherts.org](#) – top tips for parents
- [A leaflet to help with understanding Childhood](#)
- [Young Minds' Parents guide to supporting anxiety](#)

Resilience

- [Heysigmund.com](#) has helpful resources on building resilience in children
- [Beststart.org](#) also has some great resources for building resilience in children

Self Esteem

- [Positive body image resource](#)
- [Positivepsychology.com](#) has some great self-esteem worksheets

We hope that the above will be of use to you. It is not an exhaustive list so please do get in touch if you are looking for something specific. Stay safe.