







Stover School

Health & Well-being

HELP OVER THE CHRISTMAS HOLIDAYS

ONLINE RESOURCES

 <p>https://www.happymaps.co.uk/</p>	<p>Resources and links to multiple pages for supporting children and young people</p>
<p>BBC Bitesize Support pages https://www.bbc.co.uk/bitesize/support</p> 	<p>Another place to get videos and advice on coping will all kinds of things that life can throw at you - for parents and young people</p>
<p>https://www.camhs-resources.co.uk/</p> 	<p>A website with a multitude of information for carers, young people and professionals. Resources, apps and videos on topics ranging from Anxiety, Self-harm, OCD, to Mindfulness, Self-esteem, Sleep and Resilience building</p>
	<p>Your online mental wellbeing community. Free, safe and anonymous support.</p>
<p>https://youngminds.org.uk/find-help/for-parents/parents-helpline/</p> 	<p>Call our Parents Helpline for detailed advice, emotional support and signposting about a child or young person up to the age of 25. Call us for free on 0808 802 5544 from 9:30am to 4pm, Monday to Friday.</p>
	<p>Young Minds Crisis Messenger, free 24/7 crisis support across the UK for young people experiencing a mental health crisis</p>

WWW.STOVER.CO.UK