

Resources for Families to Support Wellbeing

Anxiety

A You Tube video of a workshop on anxiety and its management.

For young people two-part workshop:
Link to part 1 <https://youtu.be/RgRr3uS7piE> and part 2 <https://youtu.be/ZvHKzvk4fYs>

For parents/carers:
<https://www.youtube.com/watch?v=B3K0Z7q35nA>

Website containing information for parents and carers.
<https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-to-support-anxiety/>

Website containing resources on managing anxiety.
[Anxiety in Children | Resources for Kids with Anxiety | Child Mind Institute](#)

Clear Fear App
(Free downloadable app)

A workshop aimed at secondary school age pupils and parent/carers on anxiety.
May also be useful to teachers and those working with young people to help understand anxiety and skills in managing it.

Young Minds provides a support guide for parents and carers on managing a child's anxiety.

The Child Mind Institute provides information on many different types of anxiety and resources to help young people and parents.

This app has been designed for teenagers experiencing anxiety. It has exercises which target thoughts and behaviour, and aid relaxation to alleviate anxiety.

Autism, ADHD, and special educational needs

A booklet to support parents and the wellbeing of their children with learning disabilities
[a_parents_guide_improving_the_well-being_of_young_children_with_learning_disabilities.pdf \(warwick.ac.uk\)](#)

Information booklet on ADHD
[WEBSITE ParentCarer-Booklet.pdf \(adhdfoundation.org.uk\)](#)

Guide created by the University of Warwick and the Challenging Behaviour Foundation to help families promote the wellbeing of their children with learning disabilities, including their own wellbeing.

Booklet for parents/carers providing information on what ADHD is and tips on managing it.

SEND parenting support
[Yvonne Newbold](#)

You Tube information clip on managing ADHD within lockdown

[A paediatrician's tips for managing ADHD under lockdown - YouTube](#)

Autism Anglia

<https://www.autism-anglia.org.uk/>

Webinars on understanding behaviour in those with Special Educational Needs and Disabilities

Aimed at parents/carers to provide tips on managing home for children with ADHD during lockdown.

Autism Anglia provides information and support to young people and adults who may have Autism.

Behavioural difficulties

Information about behaviour booklet

[Microsoft Word - Early Support Behaviour.doc \(councilfordisabledchildren.org.uk\)](#)

Information booklet produced by Contact a Family for Early Support in partnership with professional agencies and voluntary organisations. Provides information and guidance on behaviour difficulties.

Three information sheets about behaviour that challenges to be read in conjunction with each other.

[Basic Information about Challenging Behaviour](#)

[Information sheet \(challengingbehaviour.org.uk\)](#)

[03positivebehavioursupportplanningpart320192.pdf \(challengingbehaviour.org.uk\)](#)

The Challenging Behaviour Foundation have put together practical guides for family carers about behaviour that challenges, understanding behaviour, and positive behaviour support planning.

COVID-19 resources

Coronavirus; A book for children (Jenner, Wilson & Roberts)

[Coronavirus-A-Book-for-Children.pdf \(nosycrow.com\)](#)

Supporting children and young people with worries about COVID-19

[COVID19 advice-for-parents-and-carers 20.3 .pdf \(emergingminds.org.uk\)](#)

A workbook developed for young children to explain coronavirus and what it means.

A workbook developed for parents of young people on Covid-19 related worries and things that can help.

Website containing resources on supporting children during COVID-19

[Supporting your child during the coronavirus pandemic \(youngminds.org.uk\)](https://www.youngminds.org.uk)

Wellbeing for Education Return website

[Wellbeing for Education Return | Suffolk County Council](https://www.wellbeingforeducationreturn.org.uk)

Young Minds provides information and advice for parents on supporting their children's mental health during COVID-19 including tips for home-schooling.

This website is aimed at those working in the education sector to support young people through the covid-19 pandemic. It provides resources and information to support young people's wellbeing.

Eating difficulties

Beat eating disorders charity

[Beat | The UK's Eating Disorder Charity \(beateatingdisorders.org.uk\)](https://www.beateatingdisorders.org.uk)

The charity is dedicated to helping people with eating disorders, and provides information leaflets and support.

Recovery Record (App).

Designed for every stage of recovery from anorexia, bulimia, OED, BED, CED and other eating disorders.

Wednesday's child

[wednesdays_child_parents_leaflet.pdf \(openobjects.com\)](https://www.openobjects.com/wednesdays-child-parents-leaflet.pdf)

Leaflet providing psychoeducation around eating disorders and information around what the charity can provide.

Emotion regulation

Papyrus website has resources to support emotional regulation.

[Help & Advice Resources | Papyrus UK | Suicide Prevention Charity \(papyrus-uk.org\)](https://www.papyrus-uk.org)

Papyrus is a charity supporting the prevention of young suicide.

Hopebox; Coping strategies; Distraction techniques are resources that can support emotional regulation.

PDF resource around anger

[MOODJUICE - Anger Problems - Self-help Guide \(scot.nhs.uk\)](https://www.scot.nhs.uk/moodjuice)

A PDF that provides education on anger, tools to help the young person understand their own anger, and methods to regulate it.

General apps and websites for wellbeing

Kooth

[Home - Kooth](#)

Kooth gives children and young people easy access to a team of experienced counsellors. Free, safe, and anonymous support is currently available for young people aged 11-25.

Living life to the full

[Suffolk Wellbeing | \(l1t4suffolk.com\)](#)

Living Life to the Full aims to help provide useful information and resources. A range of courses are available for both young people and parents.

Suffolk Parent Hub

<https://www.suffolk.gov.uk/children-families-and-learning/childcare-information-and-support-for-parents-and-providers/parent-hub/>

Suffolk Parent Hub provides information for young people and families through group programmes and online courses. Courses are available which cover multiple age groups and topics such as Autism Spectrum Disorder, supporting children with additional needs, and supporting children aged 0-5.

The Source

[The Source for young people in Suffolk](#)

The source is a local website which provides general information and support for young people in Suffolk.

LGBTQ+

Mermaids

[Homepage - Mermaids \(mermaidsuk.org.uk\)](#)

Mermaids offer information and support for both young people and parents around trans-gender, non-binary, and gender diversity.

Workbook on supporting lesbian, gay and bisexual young people

[Guide for Supporting LGB young people \(east-ayrshire.gov.uk\)](#)

This workbook is designed for professionals and people who work with young people who may be lesbian, bisexual, or gay. It provides information and tips on supporting these young people.

Loss & grief

Child Bereavement UK booklet for helping children understand loss
When someone special dies (version for 7-11 year olds and version for older children)
Separate documents attached

Child Bereavement UK information sheet for parents: What helps grieving for children and young people
Separate document attached

Cruse Bereavement Care
[Free booklets | Cruse Bereavement Care](#)

These booklets can be used by children to help understand what grief is and their own feelings.

This information sheet provides advice and support to parents and carers on how they can talk to their young person about loss. The website for Cruse Bereavement Care provides free resources for children, young people, and their carers around understanding loss and grief following bereavement.

Low mood

Booklet on techniques for managing low mood.
[Depression self-help guide | NHS inform](#)

Podcast on low mood in the covid-19 pandemic
<https://youtu.be/Wmlur9qu394>

Website containing information for parents and carers.
[Supporting Your Child With Depression and Low Mood \(youngminds.org.uk\)](#)

NHS booklet designed for those who may be experiencing lot to moderate symptoms of low mood and depression.

The podcast is aimed at young people and explores the experience of low mood and what young people may find helpful.

Young Minds provides information and advice for parents and carers on managing a child's low mood.

Self-harm & suicidal thinking

Self-harm information for parents and carers
<https://infolink.suffolk.gov.uk/kb5/suffolk/infolink/advice.page?id=0pYooMSGIxM>

This website directs you to video's on parents experiences of their young person using self-harm. It also provides information and advice on the management of self harm among young people.

Self-harm management toolkit for educational settings
<https://www.healthysuffolk.org.uk/advice-services/children/self-harm-a-management-toolkit-for-educational-settings>

This toolkit is designed for people within educational settings who support young people. It aims to increase understanding of self-harm and provides advice on ways to get support for self-harm.

Self-harm information for young people
[SF3191-Self-Harm-Young-People-Z-Card-10pp-v5.pdf](https://www.healthwatchsuffolk.co.uk/SF3191-Self-Harm-Young-People-Z-Card-10pp-v5.pdf)
[healthwatchsuffolk.co.uk](https://www.healthwatchsuffolk.co.uk)

A printable card which provides information and support for young people who self-harm.

Papyrus
<https://www.papyrus-uk.org/>

Papyrus is a charity which aims to prevent suicide among young people. Its websites contains support numbers as well as many resources for adolescents and young adults.

Stay Alive App
 (Download for free)

This phone app helps you and others stay safe and provides information on steps to stay safe when feeling suicidal.

Sleep

Podcast on how parents can support their young person with sleep .
<https://youtu.be/U4pthSEi8dk>

This podcast discusses the challenges with sleep, with reference to covid-19, and tips for helping a young person's sleep routine.

Sleep tips for young children
 Separate document attached

Curren and Rowland 2020 from the child and family team have created a guide for sleep for younger children and/or their parents.

Top tips for better sleep_young people
[Top tips for better sleep](https://www.ipswichandeastssuffolkccg.nhs.uk/Top-tips-for-better-sleep)
[ipswichandeastssuffolkccg.nhs.uk](https://www.ipswichandeastssuffolkccg.nhs.uk)

Top tips for better sleep during lockdown has been created by Bury North Youth Team. This booklet is aimed at adolescents and young adults.