

Websites to support parents.

General resources:

www.barnardos.org.uk - the UK's largest children's charity.

childline.org.uk - help and advice about a wide range of issues.

www.nspcc.org.uk - the UK's leading children's charity, campaigning and working in child protection.

Anxiety / mental health:

<https://whentheensiongoes.com/> - strategies to make you feel better when you are not feeling so great about yourself.

<https://www.anxietyuk.org.uk/get-help/anxiety-information/> - support for those living with anxiety and anxiety-based depression.

<https://www.moodjuice.scot.nhs.uk/> - resources to support a range of emotional problems.

<https://www.getselfhelp.co.uk/> - self-help resources on a range of emotional needs.

www.mind.org.uk - the mental health charity.

www.solentmind.org.uk - the mental health charity across Hampshire.

youngminds.org.uk - support for Young People's mental health.

youngminds.org.uk/find-help/your-guide-to-support/guide-to-camhs/ - a guide to the NHS's Child and Adolescent Mental Health Services (CAMHS) for young people and parents.

www.youthwellbeing.co.uk - a directory to help anyone up to the age of 25 find mental health and emotional wellbeing advice and support.

Online safety:

www.ceop.police.uk - Child Exploitation and Online Protection Centre - internet safety.

www.childnet.com - helping to make the internet a great and safe place for children.

www.net-aware.org.uk - a guide to the social networks and apps that children use.

parentzone.org.uk/home - online safety advice and more for parents, schools and family professionals.

www.thinkuknow.co.uk/5_7/ - safe use of the internet guidance for 5 to 7 year olds.