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| **INFORMATION FOR SECONDARY SCHOOL PARENTS and CARERS**  **TO SUPPORT THEIR CHILDREN’S HEALTH AND WELLBEING**  **2022**  ***Including websites, factsheets, resources and workshops***  **Produced by Camden’s Health and Wellbeing Team** | |
| **EMOTIONAL AND MENTAL HEALTH SUPPORT** | |
| **MENTAL HEALTH CAMDEN**  A comprehensive website developed by Camden NHS to support mental health.  You can type in any topic into the search box and you will be directed  to relevant resources/services available.  [Mental Health Camden |](https://www.mentalhealthcamden.co.uk/) | |
| **ANNA FREUD NATIONAL CENTRE FOR CHILDREN AND FAMILIES**  Supporting children and families’ mental and emotional health.  Group’s help parents manage their child’s behaviour and help their child manage their emotions, promote their child’s resilience and wellbeing, including top tips for parents   [www.annafreud.org/parents-and-carers/](http://www.annafreud.org/parents-and-carers/) | **CHARLIE WALLER TRUST**  Website developed by Charlie Waller Trust with practical tools and strategies to help parents support young people’s mental health. Key areas include, depression, anxiety, tips for supporting a child with a mental health problem and nutrition and mental health.   [Information and practical tips on mental health for parents and carers (charliewaller.org)](https://charliewaller.org/parent-carer) |
| **GRIEF ENCOUNTER**  How to talk sensitively to your child/young person about death.   <https://www.griefencounter.org.uk/>   [020 8371 8455](https://www.google.com/search?q=grief+encounter&ie=utf-8&oe=utf-8&client=firefox-b-ab) | **OPEN MINDED *(formerly CAMHS)***  Support for children and adolescents (up to 18 years old) experiencing emotional health and wellbeing problems. Self-referrals and referrals from GPs. Parents can call to discuss support options for their children, and adolescents.   <https://tavistockandportman.nhs.uk/care-and-treatment/our-clinical-services/open-minded-camden-camhs/>   South Camden **020 8938 2700**   North Camden **020 8938 2233** |
| **YOUNG MINDS**  Advice and tips for parents about supporting children and young people going through challenging times   [Mental Health Support For Young People | YoungMinds](https://www.youngminds.org.uk/young-person/) | **EVERY MIND MATTERS**  Top tips and practical resources to help look after a child or young person’s mental health. Includes going back to school, signs something is wrong, looking after your own mental health and how to get support.   <https://www.nhs.uk/every-mind-matters/supporting-others/childrens-mental-health/> |
| **NSPCC**  Advice for parents on how to spot the signs a child is struggling with their mental health and what you can do to help. Also, how to recognise the signs of self harm and how to support them.   [Signs That a Child Is Suffering From Mental Health Issues | NSPCC](https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/)  Information on how you can keep children safe from abuse and other dangers, both online and in the physical world.   [Keeping children safe | NSPCC](https://www.nspcc.org.uk/keeping-children-safe/) | **EDUCARE (part of TES)**  The EduSafe® resources are a bank of free online resources written by experts that gives key information about important topics, signs to look for and where to go for extra support.  Topics include:   * Dealing with bereavement and loss * Substance misuse risk * Mental wellbeing * Food hygiene and safety * Low mood and depression * Understanding self harm * Healthy Lifestyles * Changing bodies * Serious youth violence * Understanding anxiety    [EduSafe | Parents and Carers (educare.co.uk)](https://www.educare.co.uk/edusafe-pc) |
| **GOOD THINKING**  Digital wellbeing site for Londoners with range of NHS-approved wellbeing apps, as well as workbooks, guides, podcasts and blogs to help you and your family with you mental health   [Parents and carers | Good Thinking (good-thinking.uk)](https://www.good-thinking.uk/parents-and-carers/) | |
| **24/7 CRISIS LINES**  Every mental health trust in London has put in place a **24/7 crisis line** for people of all ages -children, young people and adults. The lines which are free to call are supported by trained mental health advisors who can provide advice to those in a crisis 365 days a year.   Mental Health Helpline for Urgent Help - NHS (www.nhs.uk) | |
| **DRUGS, ALCOHOL AND TOBACCO** | |
| **YOUNG MINDS – DRUGS AND ALCOHOL**  Advice on guidance for parents and carers on drugs and alcohol, addiction, how to support a child if they are struggling with drugs and alcohol and a list of service and helplines.  [Drugs & Alcohol | Mental Health | Guide For Parents | YoungMinds](https://www.youngminds.org.uk/parent/a-z-guide/drugs-and-alcohol/)  **QUIT SMOKING**  BREATHE: CAMDEN AND ISLINGTON STOP-SMOKING SERVICE  Support for individuals (13 years +) to quit tobacco and other smoking products including shisha.  Visit [www.breathestopsmoking.org](http://www.breathestopsmoking.org)  Call 020 3633 2609, or text QUIT to 66777, or  Email info@breathestopsmoking.org  1:1 support available at GP surgeries, pharmacies and clinics. Call the number above to get information about support available. | |
| **RELATIONSHIPS AND SEX EDUCATION SUPPORT** | |
| **NSPCC**  Advice for parents and carers on how to talk to their child about relationships, sex and consent  [Healthy relationships | NSPCC](https://www.nspcc.org.uk/keeping-children-safe/sex-relationships/healthy-relationships/)  **CHILDNET**  Advice leaflets, a short film and further information about online sexual harassment amongst young people.  [Online Sexual Harassment: Advice Leaflets | Childnet](https://www.childnet.com/resources/online-sexual-harassment-advice-leaflets/) | |
| **PHYSICAL ACTIVITY, HEALTHY EATING and ORAL HEALTH** | |
| **SPORT and PHYSICAL ACTIVITY CLUBS**  For information on local sports centres, swimming, sports clubs and Camden Active Communities please visit:  [Sport and physical activity - Camden Council](https://www.camden.gov.uk/sport-physical-activity) | **CYCLE TRAINING for CHILDREN,**  **CHILDREN BUILDING CYCLE CONFIDENCE,**  **CHILDREN and FAMILIES URBAN CYCLING SKILLS,**  Camden Cycle Skills teaches the above free courses to ensure essential bike riding skills for children and families.  For further information please contact:   [Cycle skills and bike maintenance courses - Camden Council](https://www.camden.gov.uk/cycle-skills-and-bike-maintenance-courses#lyyy)  🖂 [cycletraining@camden.gov.uk](mailto:cycletraining@camden.gov.uk)   020 7974 1451. Register for a course [here](https://forms.camden.gov.uk/cus/servlet/ep.app?ut=x&type=84839692356&auth=211&ask=no) |
| **SPORT ENGLAND**  Tips, advice on guidance on how to support children and young people to keep or get active.    [Join the Movement | Sport England](https://www.sportengland.org/jointhemovement?section=get_active_with_the_kids) |
| **SCHOOL GAMES: ACTIVE RECOVERY**  The School Games website includes lots of activities that can be done at home to increase the amount of physical activity for young people and families.   [Your School Games - Active Recovery](https://www.yourschoolgames.com/active-recovery/) | |
| **ORAL HEALTH – NHS WEBSITE**  A regular teeth-cleaning routine is essential for good dental health. For tips on how you can keep your children’s teeth decay-free please go to:   [Children's teeth - NHS (www.nhs.uk)](https://www.nhs.uk/live-well/healthy-body/taking-care-of-childrens-teeth/) | **BRITISH NUTRITION FOUNDATION**  Advice and support on:   * Health and varied diet for children * Healthy weight * Diet and dental health * How much salt? * School food * Vegetarian and vegan diets    [Children - British Nutrition Foundation](https://www.nutrition.org.uk/life-stages/children/) |
| **HEALTHY EATING and the EAT WELL GUIDE**  Healthy eating advice including the Eat Well Guide, top tips and useful websites.    **African & Caribbean Eatwell Guide:**  The Diverse Nutrition Association were inspired to create this adapted guide after listening to feedback and frustrations in the African & Caribbean community; along with a passion of making dietary advice more inclusive. The aim therefore, is to use the guide to show recognisable food equivalents within the allotted food groups, so that people know there are healthy foods across all cultures, no matter where someone is from.  Click [here](https://mcusercontent.com/b0b5481491cfafcfbc590ebe7/images/b5a67035-26c0-c603-a72d-3425e51e5ea7.png) for a free copy of the African and Caribbean Eatwell Guide   <https://www.diversenutritionassociation.com/> | |
| **CAMDEN HEALTHY LIVING SERVICE**  One to one weight management and healthy living skills support for children who are overweight or very overweight (BMI centile 96th - 98th) and their family.   020 3317 2304 | |
| **ONLINE SAFETY** | |
| **PARENT ZONE**  Digital advice, activities and ideas for parents, carers and families.  Includes parent and carer guides for popular apps used by young people.  [Parent Zone – Parents' area](https://www.parents.parentzone.org.uk/) | **INTERNET MATTERS**  Comprehensive website helping parents keep their children safe online   <https://www.internetmatters.org/> |
| **THINK YOU KNOW**  Information, support and guidance from the National Crime Agency’s CEOP Command. Includes advice on protecting children from abuse online, supporting parents who are concerned their child may be the victim of sexual abuse; contact details for reporting concerns around sexual abuse, sexual exploitation and online abuse.   [https://www.thinkuknow.co.uk/P. ARENTS/](https://www.thinkuknow.co.uk/PARENTS/) | **PARENTS ONLINE FACT SHEET**  Detailed fact sheet for parents including information, websites and online resources. |
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| **ASTHMA** | |
| **ASTHMA UK**  Advice and support to help children stay well with asthma   <https://www.asthma.org.uk/advice/child> | **ASTHMA OVERVIEW on NHS WEBSITE**  Information on symptoms, causes, diagnosis, treatment and living with asthma.   <https://www.nhs.uk/conditions/asthma/> |
| **IMMUNISATIONS** | |
| Key immunisation information for children and young people from  Public Health England and the NHS including:   [Schedule of routine childhood vaccinations June 2020](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/899422/PHE_Routine_Childhood_Immunisation_Schedule_Jun2020_03.pdf)   [A guide to immunisations for young people](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/849576/Immunisation_for_Young_People_A5_booklet_Nov2019.pdf)   [Children’s flu vaccine information](https://www.nhs.uk/conditions/vaccinations/child-flu-vaccine/)   [A guide to Covid 19 vaccinations for children and young people](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/1037877/UKHSA-12222-COVID-19-guide-for-all-CYP-12-17.pdf) | |