

## **Signposting Support**

NSPCC: <https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/>

Childline: <https://www.childline.org.uk/>

### **Physical Health**

Better Health – Healthier Families: <https://www.nhs.uk/healthier-families/>

The Sleep Charity: <https://thesleepcharity.org.uk/information-support/children/>

### **Children’s Mental Health**

The Education Hub: [https://educationhub.blog.gov.uk/2021/09/03/mental-health-resources-for-children-parents-carers-and-school-staff/?utm\\_medium=email&utm\\_source=govdelivery](https://educationhub.blog.gov.uk/2021/09/03/mental-health-resources-for-children-parents-carers-and-school-staff/?utm_medium=email&utm_source=govdelivery)

NHS Every Mind Matters: <https://www.nhs.uk/every-mind-matters/supporting-others/childrens-mental-health/>

Young Minds: <https://www.youngminds.org.uk/professional/resources>

Anna Freud: <https://www.annafreud.org/resources/family-wellbeing/>

Happiful: <https://happiful.com/tag/kids>

### **Relationships**

Parentzone: <https://parentzone.org.uk/>

Anti-Bullying Alliance: <https://anti-bullyingalliance.org.uk/>