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Sleep

Mentally Healthy Schools: <https://www.mentallyhealthyschools.org.uk/resources/?Theme=>

Sleeping Problems Young Minds: <https://youngminds.org.uk/find-help/feelings-and-symptoms/sleep-problems/>

Anna Freud Centre: <https://www.annafreud.org/on-my-mind/self-care/sleep/>

E-Wellbeing: <https://e-wellbeing.co.uk/modules/tiredness>

Think Ninja App: <https://www.nhs.uk/apps-library/thinkninja/>

Headspace: <https://www.headspace.com/meditation/sleep>

Bereavement, loss and change

Winston's Wish <https://www.winstonswish.org/>

- lots of resources including book recommendations across age ranges

See Child Bereavement UK for: How children grieve
<https://www.childbereavementuk.org/information-how-children-grieve>

MindEd sessions: Loss and Grief: Loss and Grief
<https://www.minded.org.uk/Component/Details/445691>

Death and Loss (Including Pets):
[https://mindedforfamilies.org.uk/Content/death and loss including pets/](https://mindedforfamilies.org.uk/Content/death%20and%20loss%20including%20pets/)

Cruse Bereavement Care <https://www.cruse.org.uk/>

Anxiety

Helping your Child Overcome their Fears and Worries by Cathy Cresswell

Charlie Waller Trust – Supporting a Child with Anxiety
https://charliewaller.org/media/eybjdxwi/cwparentanxiety_a5-v2.pdf

An Evidence Based Guide to Anxiety in Autism -
https://www.city.ac.uk/_data/assets/pdf_file/0019/504136/Anxiety-in-Autism-Guide-021219.pdf

Starving the Anxiety Gremlin by Kate Collins-Donnelly

Daniel Amen - Captain Snout and the Super Power Questions and there is also a Youtube version read by the author: <https://www.youtube.com/watch?v=ES82gvxjVdY>

Supporting Children and Young People with worries about Covid 19:
[https://drive.google.com/file/d/1dsiMjfJorMptCcDTpDy7D2LMQpHbfdS /view](https://drive.google.com/file/d/1dsiMjfJorMptCcDTpDy7D2LMQpHbfdS/view)

What to do When You Worry too Much by Dawn Huebner

Something Bad Happened by Dawn Huebner

The Huge Bag of Worries by Virginia Ironside

Little Miah Cat's Big Panic by Jane Evans

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<https://www.annafreud.org/media/11465/helping-cyp-manage-anxiety-apr2020-v3.pdf>

Low mood

<https://youngminds.org.uk/find-help/conditions/depression/>

Universal information and support for young people and their families

E wellbeing – supporting children and young people with their mental health across Sussex.

Emerging Minds – Supporting children and young people with worries about Covid-19:

Healios – ‘Thinkninja’ app providing self-help knowledge and skills for young people from 10-18 years old who may be experiencing increased anxiety and stress.

Chat Health – A secure and confidential text messaging service for young people, aged 11-19. It provides an easy and anonymous access with a healthcare professional for advice and support.
07480635424

Children’s Calm Zone – features lots of breathing exercises, activities, games and videos to help you let go to stress.

Mind Emotional Wellbeing

YourSpace

Winston’s Wish

West Sussex offer for CYP who have experienced a traumatic death or are experiencing complicated grief. Ages 5-18 years plus families. Self-Referral or referral from other agencies. Tel: 08088 020 021

BAME Network

Information for parents and carers

The Local Offer

Single Parent Helpline:
0808 802 0925

Gingerbread: The charity supporting single parent families to live secure, happy and fulfilling lives

Grandparents Plus – dedicated to supporting kinship carers - grandparents and other relatives raising children who aren't able to live with their parents. Call: 0300 123 7015

Family Lives (previously Parentline) – Free confidential helpline Call: 0808 800 2222

MindEd for families – Learning resources on mental health for families