

Wellbeing Resource List for Parents & Carers

| Resource | Produced By | Internet Link |
|--|-------------------|---|
| Practical guidance to support own well being | NHS | https://www.nhs.uk/oneyou/every-mind-matters/ |
| Supporting families during lockdown | NSPCC | https://www.nspcc.org.uk/keeping-children-safe/coronavirus-advice-supportchildren-families-parents/ |
| 5 ways to manage parents well being | BBC | https://www.bbc.co.uk/bitesize/articles/zrmhscw |
| Resources to help parent well being | BBC Bitesize | https://www.bbc.co.uk/bitesize/articles/zkyr47h |
| Parent/carer self-help advice | Anna Freud Centre | https://www.annafreud.org/parents-and-carers/self-care-for-parents-and-carers/ |
| Top tips for parent/carer during lockdown | Anna Freud Centre | https://www.annafreud.org/coronavirus-support/support-for-parents-and-carers/ |
| Parent/Carer support for pupils with SEND | BBC | https://www.bbc.co.uk/bitesize/articles/zh9v382 |
| Parent survival guide | Young minds | https://youngminds.org.uk/find-help/for-parents/parents-survival-guide |