



Benhurst Primary School

Wellbeing contact links and information for parents and carers



'Only my best is good enough for me'

These links are for general help and advice

1. Young Minds (advice for parents): <https://youngminds.org.uk/find-help/for-parents/>
2. NHS (general advice and support): <https://www.nhs.uk/oneyou/every-mind-matters/coronavirus/>
3. Mind Ed (learning resource about mental health): <https://mindedforfamilies.org.uk/>
4. Children Commissioner (a child's guide to the virus):
<https://www.childrenscommissioner.gov.uk/wp-content/uploads/2020/03/cco-childrens-guide-to-coronavirus.pdf>
5. NSPCC (advice for parents): <https://www.nspcc.org.uk/keeping-children-safe/coronavirus-advice-support-children-families-parents/>
6. CAMHS- Coping with the New Normal (advice on our website):
https://drive.google.com/file/d/1Kk8Ke61Rbab8MAkYPvUoE428_Va3IIMq/view
7. Parent Zone (advice and resources to use):
https://parentzone.org.uk/lockdown-advice-and-resources?utm_source=Parent+Zone+Newsletter&utm_campaign=69346bf78-EMAIL_CAMPAIGN_allat17sept_uk_COPY_01&utm_medium=email&utm_term=0_1ee27d9000-69346bf78-178739225
8. Kooth (online counselling for students): www.kooth.com

There are also two very useful government documents. These are:

1. Guidance on supporting young people during the pandemic:
<https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing/guidance-for-parents-and-carers-on-supporting-children-and-young-peoples-mental-health-and-wellbeing-during-the-coronavirus-covid-19-outbreak>
2. Guidance on mental health during the pandemic:
<https://www.gov.uk/government/publications/covid-19-guidance-for-the-public-on-mental-health-and-wellbeing/guidance-for-the-public-on-the-mental-health-and-wellbeing-aspects-of-coronavirus-covid-19>