



HILLINGDON  
LONDON

# Health and Wellbeing Resources

**For all Mental Health and wellbeing services please see the Hillingdon LEAP page**  
[Signposting Resources for Professionals, Parents & Carers - Leap \(hillington.gov.uk\)](https://www.hillingdon.gov.uk/signposting-resources-for-professionals-parents-carers-leap)

## **Mentally Healthy Schools and FE settings**

Resources to support schools and settings –

[Mental Health Awareness Week 2022 toolkit of resources : Mentally Healthy Schools](#)

Young Minds - helping children if they feel anxious about coronavirus

[What to do if you're anxious about coronavirus \(youngminds.org.uk\)](https://www.youngminds.org.uk/what-to-do-if-youre-anxious-about-coronavirus)

Young Minds – supporting parents helpfinder: advice about how to support your children with coping

[Supporting Parents Helpfinder \(youngminds.org.uk\)](https://www.youngminds.org.uk/supporting-parents-helpfinder)

Newsround - questions about coronavirus

[YoungMinds | Mental Health Charity For Children And Young People | YoungMinds](#)

A mental health charity supporting schools and colleges. Co-creator of the Academic Resilience Approach

[Boingboing co-produced resilience research and practice - Boingboing](#)

[Mental Health Resources - Boingboing](#)

[Resources for Schools - Boingboing](#)

A charity supporting young people, families and schools to address resilience and mental health. Can provide programmes of support across a whole area. Cocreator of the academic resilience approach.

[Coronavirus: Your questions answered - CBBC Newsround](#)

Childmind - how to talk to your children about coronavirus

[Talking to Kids About the Coronavirus Crisis | Child Mind Institute](#)

NASP - helping children cope with changes resulting from coronavirus

[Helping Children Cope With Changes Resulting From COVID-19 \(nasponline.org\)](https://www.nasponline.org/helping-children-cope-with-changes-resulting-from-covid-19)

NHS - looking after your mental health

[Every Mind Matters - NHS \(www.nhs.uk\)](https://www.nhs.uk/every-mind-matters)

NSPCC - keeping children safe - advice on children's mental health and staying safe online.

[Keeping children safe | NSPCC](#)

Nip In The Bud – learning about children's mental health through short films

[Learning About Children's Mental Health through Film - Nip in the Bud](#)

Families Under Pressure - Don't let the pressure of parenting get you down. Try these simple tips and tricks, formulated by researchers and NHS mental health experts, which are backed by science and proven to work with families.

[Families Under Pressure | Maudsley Charity](#)

Writing for mental health - Toolkits to help young people express how they feel

[Writing to improve mental health | Can't Talk, Write | Action For Children](#)

NeuroLove - Social therapy techniques to help young people with their mental health

[Staying virtually connected - NeuroLove](#)

Brave Families - (fun therapeutic resources for families and children) is a website for parents and carers with ideas, resources, and activities for the whole family, including journaling prompts and ideas for creating self-soothe boxes

[Brave Families - Brave Families \(bodyandsoulcharity.org\)](https://bodyandsoulcharity.org)

Funestics - England Athletics' funetics team has developed an athletics and curriculum-based resource to help primary school children keep active and to support learning in the home environment

[funetics - Fun Kids Athletics Programme For 4-11 Year Olds](#)

**On My Mind** - Resources for Young People (Anna Freud Centre) Mental Health organisation, Anna Freud, has curated a set of resources to 'empower young people to make informed choices about their mental health and wellbeing'. This area of their website has been co-produced with young people themselves. The 'On My Mind' section includes a Youth Wellbeing Directory, to help locate local services; 90+ strategies to help when feeling low or anxious, especially when self-isolating; and what to do to help a friend or relative.

[On My Mind | Resources for Young People | Anna Freud Centre](#)

NHS Urgent Mental Health line available 24 hours a day

[Central and North West London NHS Foundation Trust](#) - **0800 023 4650**

**Dash-** Advice, support and activities for disabled people and their families

[DASH](#)

LGBTQ+ support groups for 11+ in Hillingdon

[Hillingdon LGBTQ+ support](#)

**KOOTH**-Online counselling and wellbeing platform for children and young people accessible through mobile, desktop and tablet

[Kooth](#)

Parenting programmes for parents in Hillingdon

[Brilliant Parents](#)

Support for unpaid carers (including young carers) living in Hillingdon

[Carers Trust Hillingdon](#)

