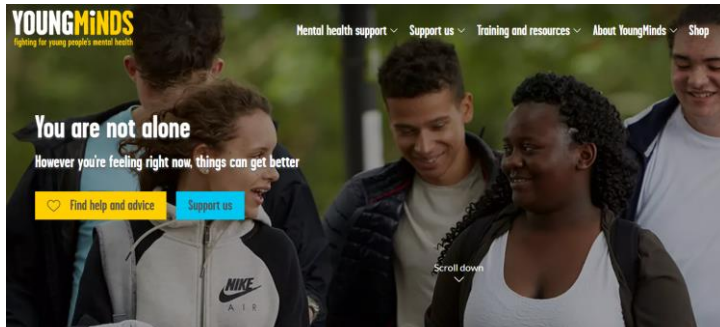


Wellbeing Websites

These resources are dedicated to children and young people's general emotional and mental health and wellbeing.

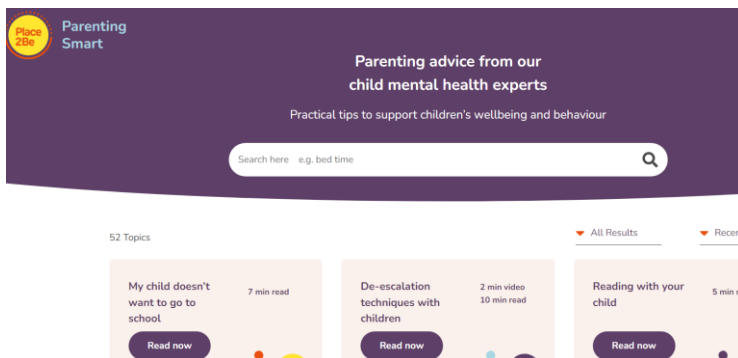
<https://www.youngminds.org.uk/>



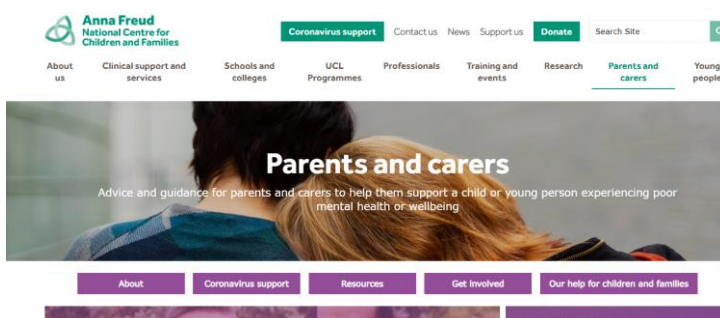
<https://www.place2be.org.uk/our-services/parents-and-carers/>



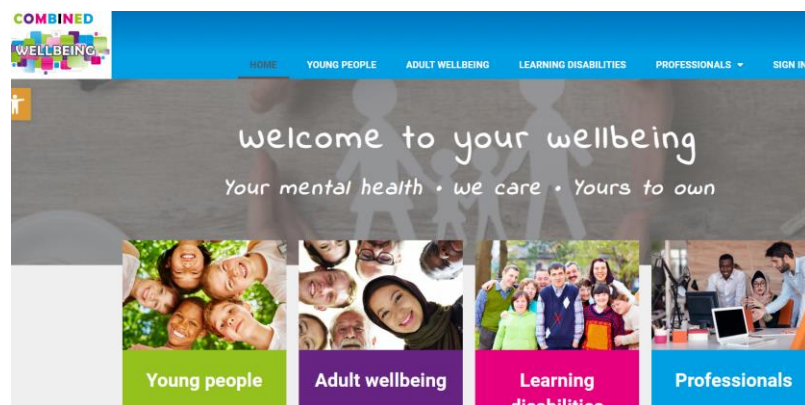
<https://parentingsmart.place2be.org.uk/>



<https://www.annafreud.org/parents-and-carers/>



<https://combinedwellbeing.org.uk/>



<https://www.staffordshireconnects.info/kb5/staffordshire/directory/advice.page?id=0rWBovMeR5E>



<https://staffs.staywellcyp.org/>



<https://www.healthforkids.co.uk/>



<https://pshestaffs.com/parents-carers/>

Parents & Carers



<https://www.bbc.co.uk/bitesize/articles/z63htrd>



BBC Bitesize: Parents' Toolkit and Headroom

[BBC Bitesize](#) has a brilliant resource available - a Parents' Toolkit. The Wellbeing Advice section has wellbeing tips for parents to help you support a healthy, happy childhood - with advice on food, sleep, mindfulness, as well as ways to look after you and your child's mental health. Visit:

<https://www.bbc.co.uk/bitesize/articles/z63htrd>

[BBC Headroom](#) has a complete mental health toolkit, with articles, everyday tips, sounds to relax your mind, strategies to cope with parenting or films to get you talking. Visit BBC Headroom here: [BBC - Headroom - Your Mental Health Toolkit](#)

<https://www.staffordshire.gov.uk/Community/Cost-of-living-support/Here-to-help.aspx>



Across Staffordshire, many people are feeling the pressure from the increasing cost of living. If you are struggling financially, or concerned about the future, getting help early can make a big difference. Lots of support is available from many different organisations, and it is often closer than people think. Visit Staffordshire County Council's webpage to find information, advice, and support to help you manage cost of living pressures:

<https://www.mentalhealthandmoneyadvice.org/en/managing-money/cost-of-living-crisis-and-your-mental-health/>



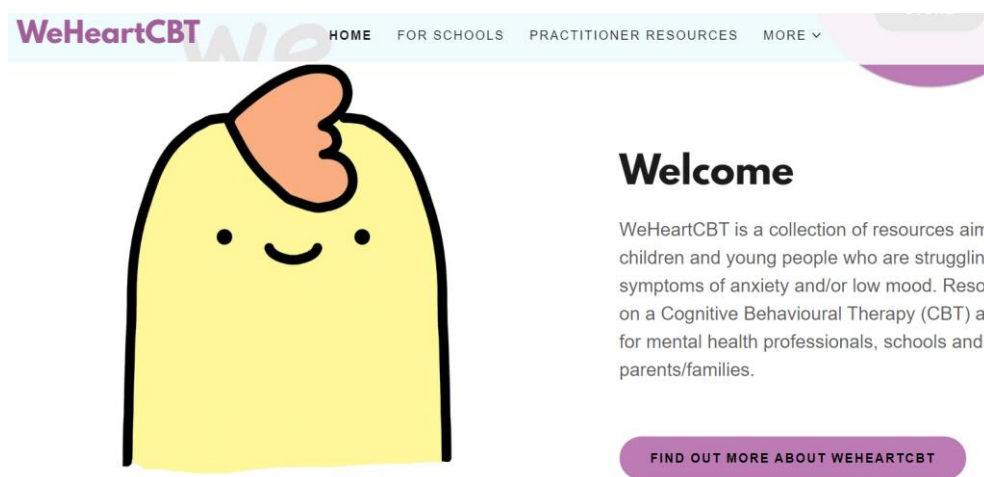
Mental Health & Money Advice have produced lots of useful information about how you can maintain your mental wellbeing during this time, alongside how to manage your money as your bills rise. Mental Health & Money Advice recognise that financial difficulty and mental health are interlinked and that the double stigma of mental health and money can be an isolating experience - but help is available.

Find detailed information about dealing with money problems, how the cost of living crisis might affect your mental health, what other effects you might see because of the cost of living crisis and links to other advice, information and support, here:

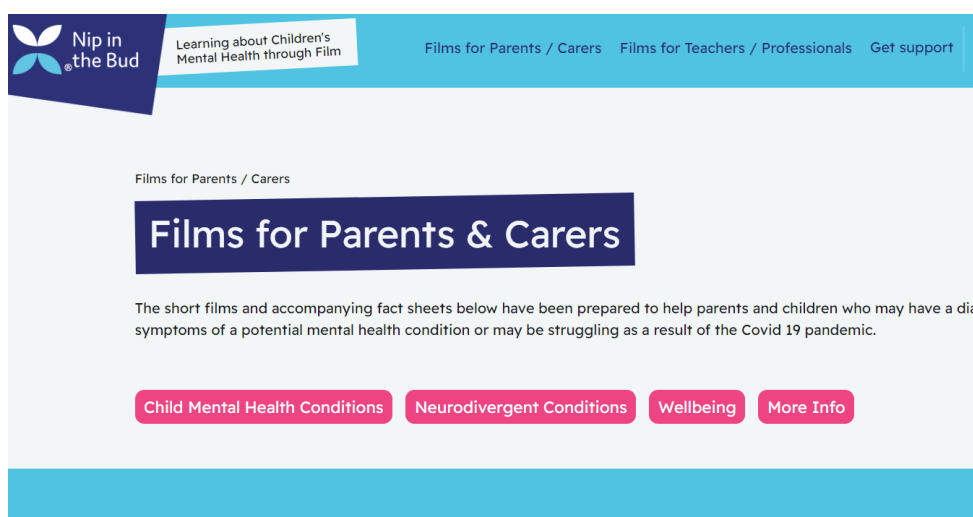
<https://nipinthebud.org/films-for-parents-carers/>



<https://weheartcbt.com/>



<https://nipinthebud.org/films-for-parents-carers/>



<https://helpforhouseholds.campaign.gov.uk/>

Help for Households

See what support is available to help with the cost of living and save money with our energy saving tips