



Resources to support your child's mental health



About us

Charlie Waller was a strong, funny, popular, good-looking and kind young man, with a close and loving family. To the outside world, he had everything to live for. Yet in 1997, at the age of 28, Charlie took his own life. He was suffering from depression.

In response to this tragedy, his family founded The Charlie Waller Trust, to open up the conversation around mental health, and to ensure that young people are able to understand and look after their mental health and to spot the signs in others.

Charlie sits at the heart of our story, our vision and our purpose.



We're talking mental health

Our vision

A world where people understand and talk openly about mental health, where people and those who support them are equipped to maintain and enhance their mental health and wellbeing, and have the confidence to seek help when they need it.



Evidence based training



Positive

We take a positive approach to mental health. We focus on prevention and early intervention, and recognise the importance of offering hope.



Proven

Our consultancy, training and resources are all based on sound clinical evidence.



Practical

We give people practical strategies and tools to care for their mental health, and to support others in doing so.

Wiltshire Healthy Minds



Barnardo's

Healthy Minds
Wiltshire



“This website has lots of information, practical tips and advice about supporting children and young people’s emotional wellbeing. We are here to help young people aged 5-18 registered with a GP in Wiltshire who are experiencing a range of early mental health difficulties through group work, activities in the community and counselling sessions for those young people who need more intensive support. We are also an all year round service and so our support does not stop in school holidays.

We welcome referrals from young people, parents, carers and professionals. If you want to contact the service about support options in Wiltshire please complete our contact form ... or email info.wiltsemh@barnardos.org.uk or call 07849 306876.”

Wiltshire Healthy Minds (Barnardos) at:
<https://www.onyourmind.org.uk/ewmh-directory/>



School Nursing Service

“School Nursing Service provides early help and support through a range of skilled activities at individual, group and community level. This includes:

- Health promotion and advice
- Supporting whole school approach to identified health needs
- Initial 1:1 holistic assessment of health needs and priority setting with individual young people
- Brief intervention (individual or group)- Virtual and face to face as required
- Signposting to other services” (On Your Mind)

On Your Mind, at: <https://www.onyourmind.org.uk/ewmh-directory/>



School Nursing Service

“School nurses work in partnership with other agencies as part of a wider multidisciplinary team to support the health and wellbeing of school-aged children recognising the dynamic process of interaction between the child, the family, the child in school and the child in the community.

There is also support for secondary school aged young people via CHAT Health confidential texting service – **Monday to Friday 9.00-4.30**

Text: **07480 635513** or via a virtual drop-in Monday to Friday 12-2pm

Telephone: **0300 247 0090.”** (On your Mind)

On Your Mind, at: <https://www.onyourmind.org.uk/ewmh-directory/>



Health Visiting Service

Supporting new parents and families with any needs that can affect their health and wellbeing up to 5 years of age.

Website: <https://wiltshirechildrensservices.co.uk/health-visiting/>

Call: 0300 247 0090 (Monday - Friday 09:00 - 17:00)

Email: vcl.wiltshirespa@nhs.net

<https://wiltshirechildrensservices.co.uk/our-services/health-visiting/>



Wiltshire Children's Service Groups

Working in partnership with
Wiltshire Council



Find us on Facebook for regular updates

Wiltshire Children Centres

Click

Website: www.wiltshirechildrenscentres.org.uk


spurgeons
children's charity

Five to Thrive

Five to thrive is the simple things that you can do to connect with your child and build a strong relationship. Join us for fun sessions to support you with this.

Bookstart

Sharing books, stories and rhymes with your child from an early age can help create a love of reading. Bookstart is here to guide you on your child's reading journey from 0-5 years.
4 week course.

Being a Parent

This 8 week course helps parents learn practical communication skills for everyday life to bring up confident, happy and co-operative children. For parents with children 2 years and over.

Little Learners

Online group sessions. Learning for children aged 0-5 through positive play. Drop in and join us for fun and ideas.



Early Words Together

A 5 week course full of fun for you and your child. Learn about how to support your child's speech and language development. For families with children aged 20-40 months.

Anybody Can Cook

A fun course for you and your child to cook together



Ready to start School?

Look out for groups and one off sessions to support you and your child on their journey moving on to school.



Wiltshire Children's Service Groups:

Working in partnership with
Wiltshire Council

What's Happening

Wiltshire Children's Centres providing support and services for families with children aged 0-5


spurgeons
children's charity

To access our website or ask a question

Click Here


Please use our free phone number to contact us
0800 970 4669

Family Support Service

One to one support when you need it most for a range of issues which can affect family life:

- Parenting and behaviour
- Routines and boundaries
- Children's emotional support
- Financial and budgeting support
- Childcare funding
- Introductions to other services

Appointments can be via the phone or at the centre.

Baby Steps

A perinatal programme covering the weeks just before and after having your baby (professional referral only).

Mum2mum

An online breastfeeding support group run by trained volunteers with experience of breastfeeding.


Mum2Mum
breastfeeding? Talk to a mum who has

New Parent New Baby

Meet other parents with babies up to 6 months old and share activity ideas. Sessions run for 6 weeks.



IAPT- supporting your wellbeing

“IAPT stands for Improving Access to Psychological Therapies and aims to help people access support for a range of wellbeing problems.” (IAPT Wiltshire)

Wiltshire IAPT
Lodge 3
Green Lane Hospital
Devizes
SN10 5DS
Phone 01380 731335
Email: awp.wilts-iapt@nhs.net

“We offer individual and group psychological therapies in accordance with the National Institute for Health and Care Excellence (NICE) guidelines for common mental health problems.” (IAPT Wiltshire)

IAPT at: <https://iapt.awp.nhs.uk/wiltshire-iapt>



Wiltshire Children's Services- Single Point of Access

"Our Single Point of Access (SPA)" is the key point of contact for children, young people, families, GPs and health and social care professionals to access advice and support from all Wiltshire Children's Community Services. It is essentially the single 'front door' for all of our services!" (SPA)

Call: 0300 247 0090 (Monday - Friday 09:00 - 17:00)

Email: vcl.wiltshirespa@nhs.net

SPA at: <https://wiltshirechildrensservices.co.uk/our-services/spa/>



Wiltshire Parent/ Carer Council:

They have information on local resources and support and can help direct you to support for your family.

https://www.wiltshireparentcarercouncil.co.uk/en/Home_Page :

Helpline is 01225 764 647

**“We have a membership in excess of 3000 parent carers across Wiltshire whose children range in age (0-25yrs) and in the type of special educational needs and/or disabilities they have. These include mental health, physical, sensory, learning, communication, challenging behaviour, autistic spectrum disorders and health conditions that require complex care.”
(WPCC)**

WPCC: https://www.wiltshireparentcarercouncil.co.uk/en/Home_Page



Wiltshire Community Paediatrics

Community Paediatrics is a team of children's doctors in Wiltshire who see children and young people and their families in the community.

**We investigate and diagnose children with a range of difficulties including Autism, Attention Deficit Hyperactivity Disorder (ADHD) and delayed development.”
(Community Paediatrics)**

Call: 0300 247 0090 (Monday - Friday 09:00 - 17:00)

Email: vcl.wiltshirespa@nhs.net

Community Paediatrics at: <https://wiltshirechildrensservices.co.uk/our-services/community-paediatrics/>



CAMHS

CAMHS stands for Child and Adolescent Mental Health Service. The website has links to lots of resources relating to young people's mental health and wellbeing and support for parents too.

"How we can help:

We provide flexible support to suit your needs.

- Initially we will find out more about the difficulties you are having.**
- We will discuss the sort of treatment and support that is likely to help and agree a plan with you.**
- Sometimes a few sessions will be enough to get you back on track. Sometimes you may need to meet with us for longer.**
- Most importantly you will be fully involved and the plan we agree together will be reviewed regularly to make sure it is still helping."**
(CAMHS)



Wiltshire Parenting Programmes

They provide a range of free parenting courses:

- STOP- Parenting Programme
- Triple P- Positive parenting programme
- Time out for Parents- Children with Special Needs
- And more....visit:

<https://www.wiltshirehealthyschools.org/core-themes/whole-school-approach/working-with-parents/parenting-programmes/>



Parental Support network:

The PLACE Network:

Welcome to PLACE



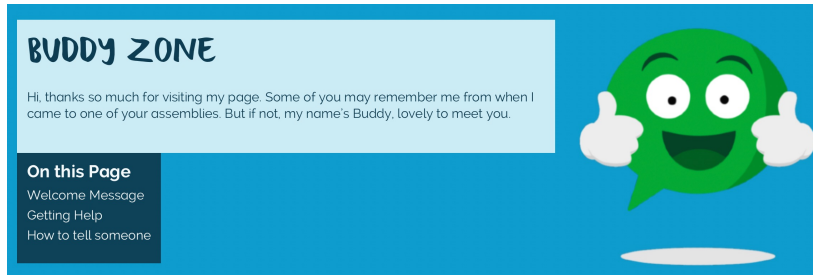
The PLACE Network aims to develop, promote and sustain parent and carer support and involvement in children and young people's mental health across the UK. Parents and carers with lived experience of supporting a child with mental health issues and professionals with an interest in parent support meet monthly to share practice and ideas.

One of the key objectives of the PLACE Network is to connect existing parent and carer support groups/projects or those with an interest in developing one. Our interactive map below shows some of the mental health focused parent and carer support groups from around the country who are currently members.

<https://charliewaller.org/place-parent-support/>



Online Support for Primary School Children:



ChildLine Buddy Zone Website:

This is designed for children in Primary School to access. It has a range of resources and tools to support children with their wellbeing, how to speak out, where to seek help and tools to help with cope with difficult thoughts and feelings.

<https://www.childline.org.uk/toolbox/buddy-zone-under12service/>



Mental Health Online Support for Young People:

- [Childline](#): information, advice, support and tools for children and young people up to 19 years old. 0800 1111
- [Kooth](#): free online counselling for 10-18 year olds.
- [The Mix](#): advice, blogs, articles and 1-2-1 online chat and messenger options for 13-25 year olds. 0808 808 4994
- [Muslim Youth Helpline](#): non-judgemental, confidential support 7 days a week, 365 days a year including bank holidays and Eid. All ages welcome.
- [Shout](#): a free, confidential and anonymous text support service. Txt 85258 - any age group can text. Check website to see if suitable for your child first.



Hub of Hope

- Hub of Hope: a mental health database of local, national, peer, community, charity, private and NHS support.

“The Hub of Hope is the UK’s leading mental health support database. It is provided by national mental health charity, Chasing the Stigma, and brings local, national, peer, community, charity, private and NHS mental health support and services together in one place for the first time.”

(Hub of Hope)



Happy Maps

“HappyMaps is an award-winning charity developed by healthcare professionals with help from parents and young people. We’ve pooled what we think are some of the best mental health resources for parents, carers, and young people, all in one place. Most of these are relevant for you wherever you live in the UK or elsewhere in the world. Some resources in the Help Directory section are UK-specific.”
(HappyMaps)

HappyMaps: <https://happymaps.co.uk/age-group/primaryschool/>



Young Minds Mental Health Charity:

“We provide young people with tools to look after their mental health. Our website is full of advice and information on what to do if you're struggling with how you feel. We empower parents and adults who work with young people, to be the best support they can be to the young people in their lives.”
(Young Minds)

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



Anna Freud Mental Health Charity

“Our Parents and Carers resources offer advice and guidance to help support the children and young people who may be struggling with poor mental health...

The resources compliment those created for young people which can be found on On My Mind with the following key aims:

- 1.To support parents and carers who are trying to navigate the mental health system on behalf of or in support of a child or young person.
- 2.To help parents and carers to stay connected with their child to find solutions together.
- 3.To help parents and carers communicate to schools, colleges and extended family.
- 4.To highlight the importance of looking after yourself as a parent or carer.
- 5.To signpost to trusted organisations who may help support a child or young person and their family and advocate on their behalf.”

(Anna Freud) <https://www.annafreud.org/parents-and-carers/about/>



MindEd: Resources for further learning:

“MindEd is a free elearning resource, funded by Health Education England, the Department of Health and Social Care and the Department for Education, aimed at equipping professionals and members of the public with evidence-based information about children, young people, adults, and older people’s mental health. “ (MindEd)

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

It also has a section with advice for families:

<https://www.mindedforfamilies.org.uk/young-people>



Depression: Black Dog Video:

A video explaining what it can be like to live with and manage depression:

<https://www.youtube.com/watch?v=XiCrniLQGYc>



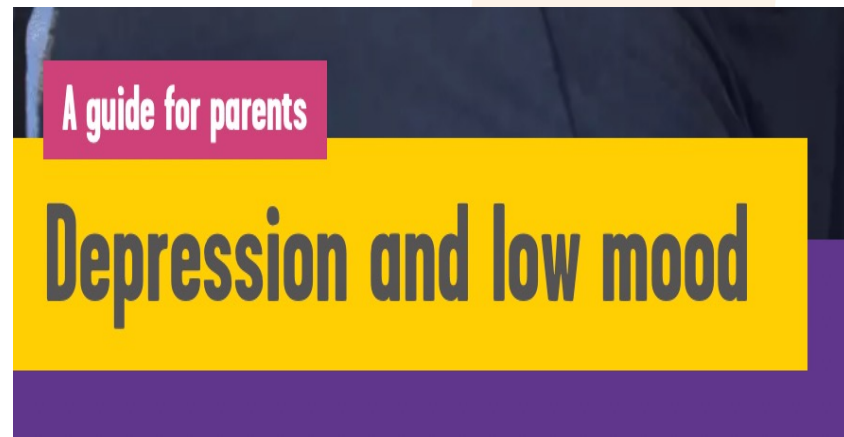
Low mood and Depression resources:

Charlie Waller Trust Guide



<https://charliewaller.org/resources>

Young Minds Guide:



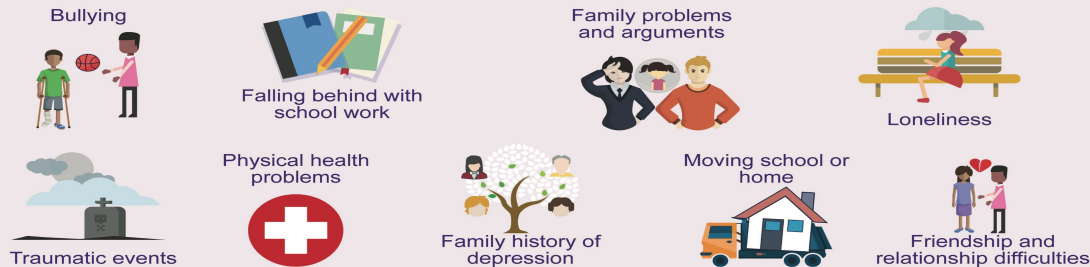
<https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/depression-and-low-mood/>



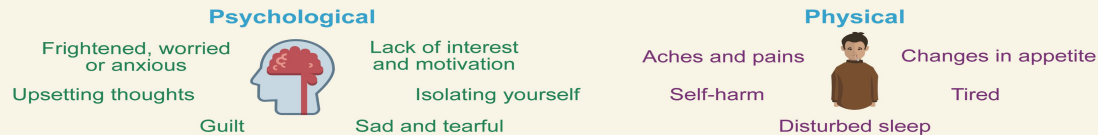
Coping with your low mood



9 Common Causes of Low Mood



Symptoms - Mind and Body



8 Ways To Help Yourself Feel Better



Places where you can get more help

Charities
Youngminds.org.uk
Youthhealthtalk.org
Childline.org.uk; 0800 1111
Samaritans.org; 116123

Books
For a list of helpful books:
Reading-well.org.uk

Contact a parent, teacher or:

Produced by the **Bank Workers Charity** in collaboration with Professor Mina Fazel, University of Oxford Department of Psychiatry and Professor Tamsin Ford, University of Exeter Medical School.
www.bwcharity.org.uk

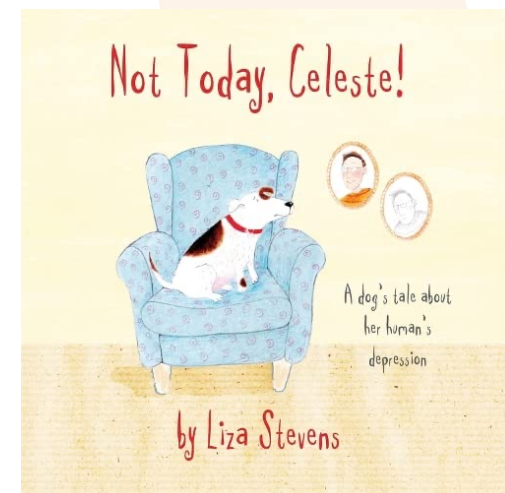
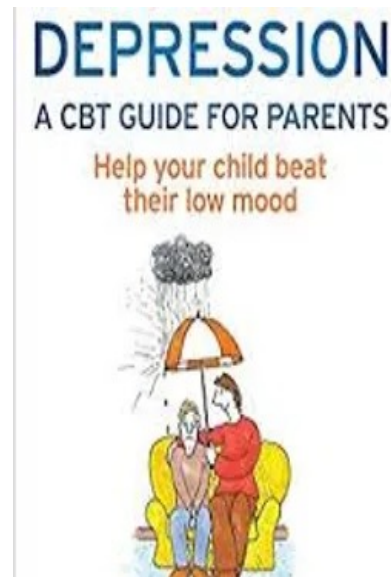
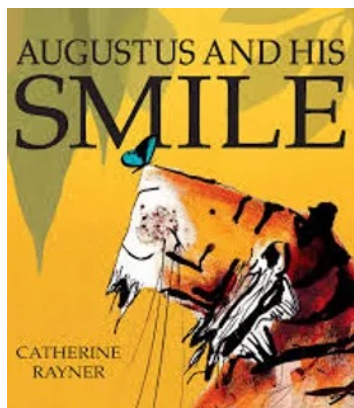
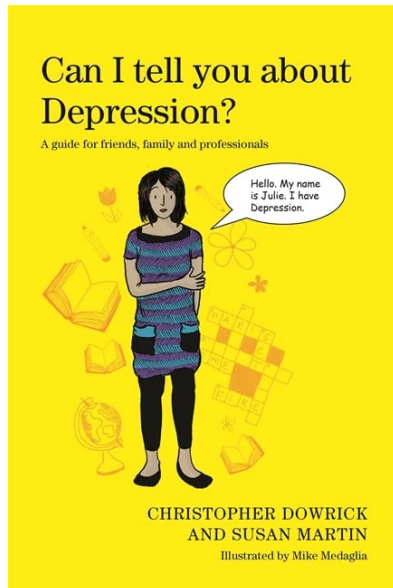


Depression and Suicidal Thoughts online support:

- [Samaritans](#): Young People and Suicide.
- [Papyrus](#): prevention of young suicide.
- [The Campaign Against Living Miserably](#) (CALM): helpline support and webchat 0800 585858



Books:





Safeguarding, relationships and online safety:

NSPCC:

Visit their website for a range of resources and support services for keeping children safe, with support for relationships and online safety too. They also have a free, confidential helpline to give advice to anyone who has a worry about a child:

- Email: help@nspcc.org.uk
- Call: 0808 800 5000.



Online safety tools and reporting:

CEOP: If you are you concerned about online sexual abuse or the way someone has been communicating with a child online, you can report this to the Child Exploitation and Online Police here: <https://www.ceop.police.uk/Safety-Centre/>

Think You Know: Keeping children safe online support for parents and carers. There are games, videos and advice for parents available here: <https://www.thinkuknow.co.uk/parents/>



Online Support

[How to manage your child's online world without clashing – BBC Bitesize](https://www.bbc.co.uk/bitesize/articles/z9k4bqt)

<https://www.bbc.co.uk/bitesize/articles/z9k4bqt>

[Talking to your child about online sexual harassment – Children's Commissioner](https://www.childrenscommissioner.gov.uk/report/talking-to-your-child-about-online-sexual-harassment-a-guide-for-parents/)

<https://www.childrenscommissioner.gov.uk/report/talking-to-your-child-about-online-sexual-harassment-a-guide-for-parents/>

[Managing Social Media](https://www.annafreud.org/on-my-mind/managing-social-media/)

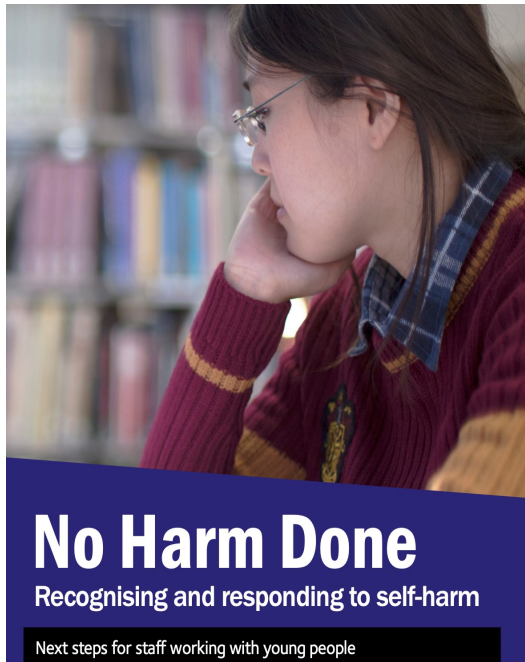
<https://www.annafreud.org/on-my-mind/managing-social-media/>

[Digital Parenting by Vodafone](https://assets.vodafone.co.uk/cs/groups/public/documents/document/vodafone_digital_parenting.pdf)

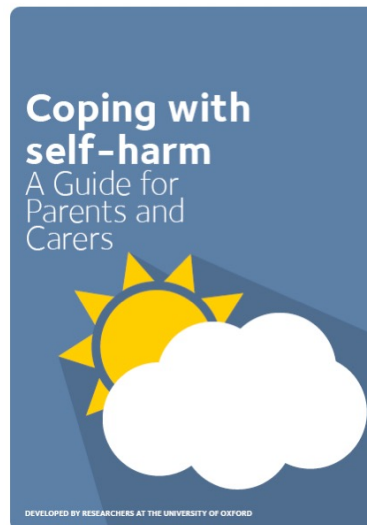
https://assets.vodafone.co.uk/cs/groups/public/documents/document/vodafone_digital_parenting.pdf



Self- Harm online resource links:

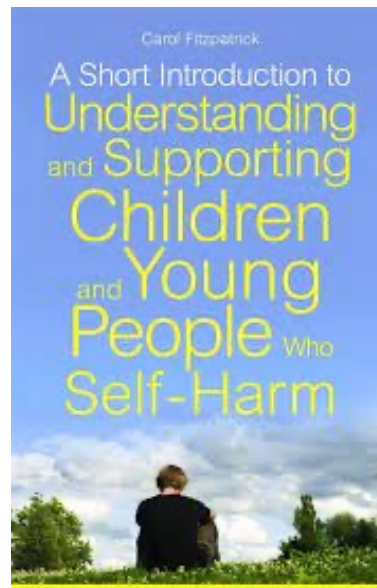


YOUNGmINDS
fighting for young people's mental health





Books:





Online Support:

- [Alumina](#) (Formerly Self Harm UK): Free self-harm support for 14-19 year olds.
- [Harmless](#): Provide a range of services to support people who self-harm, and those that support them.
- [A Guide for Young People – Self Harm](#) from [Young Minds](#)
- [Information and Support - Self-Harm](#) from [Mind](#)



Anxiety video:

Anxiety Canada has a very useful video describing what anxiety is:

<https://www.anxietycanada.com/learn-about-anxiety/anxiety-in-children/>



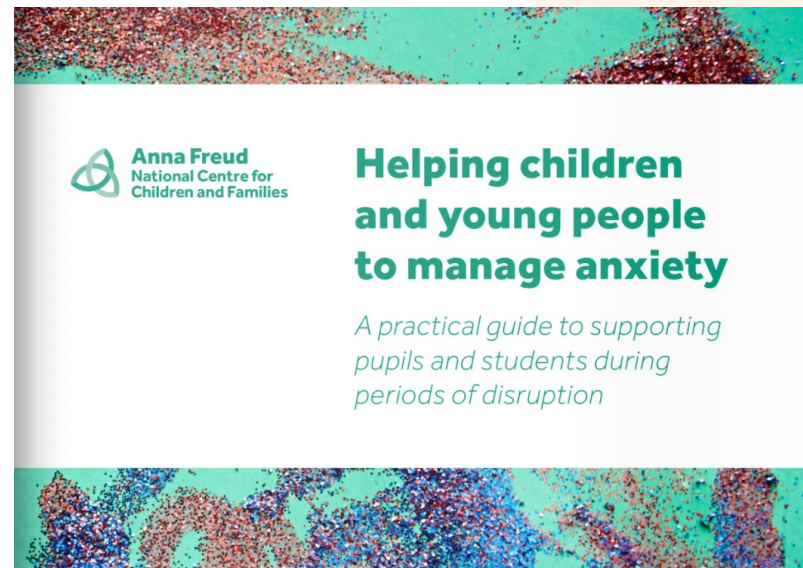
Anxiety online resource links:



<https://charliewaller.org/resources/supporting-a-child-with-anxiety>



<https://mentallyhealthyschools.org.uk/media/2215/rebuild-and-recover-anxiety-tools-for-parents.pdf>



<https://www.annafreud.org/schools-and-colleges/resources/helping-children-and-young-people-to-manage-anxiety/>



Anxiety Support:

- **YOUNGMINDS PARENTS HELPLINE:**

Call 0808 802 5544

Mon - Fri: 9:30am - 4pm

Email and webchat via the website Online: [youngminds.org.uk](https://www.youngminds.org.uk)

Parents Helpline support with detailed advice, emotional support and signposting about a child or young person up to the age of 25

- **School refusal and anxiety**

<https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/school-anxiety-and-refusal/>

- **ANXIETY UK**

Call: 03444 775 774 Mon-Fri: 9:30am - 5.30pm Online: [anxietyuk.org.uk](https://www.anxietyuk.org.uk)

Support, advice and information on all anxiety, stress and anxiety-based depression conditions.



Anxiety Support

No Panic

Supports people struggling with panic attacks, phobias, obsessive compulsive disorder (OCD) and other anxiety-related issues - and provides support and information for their carers.

Offers a specialist youth helpline for people aged 13-20. The opening hours are 3pm - 6pm, Monday - Friday; 6pm - 8pm, Thursdays and Saturdays.

Call 01952 680835 for a recorded breathing exercise to help you through a panic attack (available 24/7).

Information about call costs [here](#).

Opening times: 10am - 10pm, 365 days a year

[0300 772 9844](tel:03007729844)

[0330 606 1174](tel:03306061174) (Youth helpline)

sarah@nopanic.org.uk



Anxiety Support

[Supporting children with anxiety: tools for parents \(AFNCCF\)](https://mentallyhealthyschools.org.uk/resources/supporting-children-with-anxiety-tools-for-parents/)
<https://mentallyhealthyschools.org.uk/resources/supporting-children-with-anxiety-tools-for-parents/>

[Separation anxiety: tips for parents \(AFNCF\)](https://mentallyhealthyschools.org.uk/resources/separation-anxiety-tips-for-parents/)
<https://mentallyhealthyschools.org.uk/resources/separation-anxiety-tips-for-parents/>

[University of Reading Anxiety and Depression in Young People \(AnDY\) Clinic](https://research.reading.ac.uk/andy/resources/resources-parents/)
<https://research.reading.ac.uk/andy/resources/resources-parents/>



OCD Action

OCD Action

Offers support and information to anybody affected by obsessive compulsive disorder (OCD).

Website: <https://ocdaction.org.uk> provides information and advice to help you access treatment.

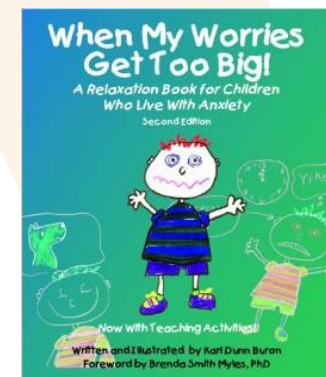
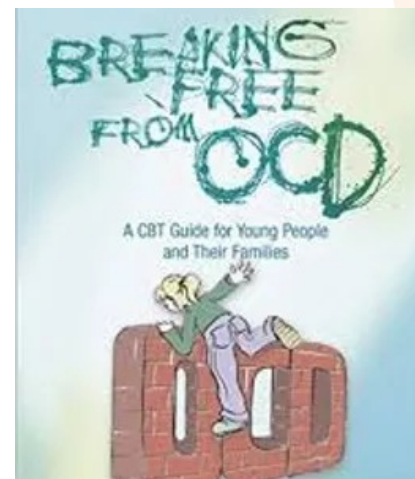
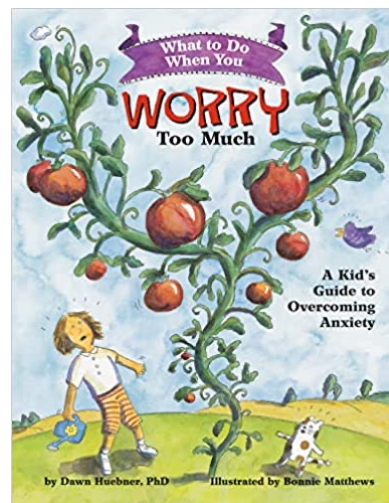
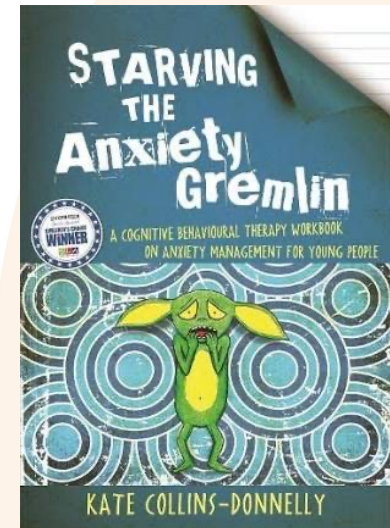
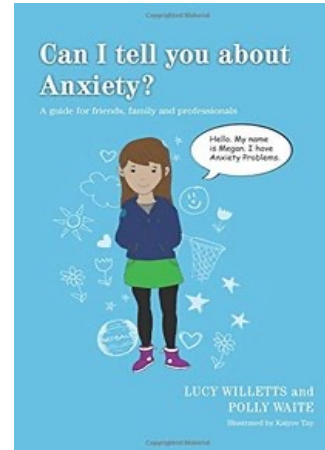
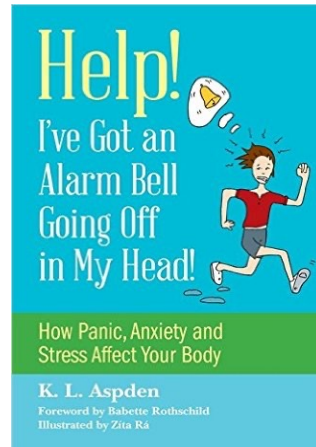
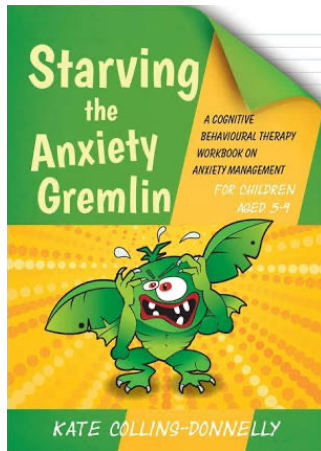
Opening times: 9:30am - 8pm, Monday - Friday

[0300 636 5478](tel:03006365478)

support@ocdaction.org.uk



Books



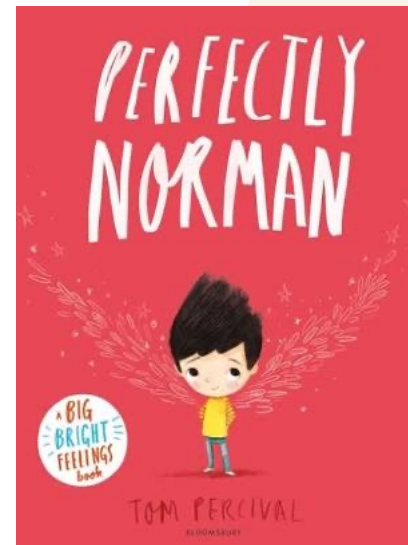
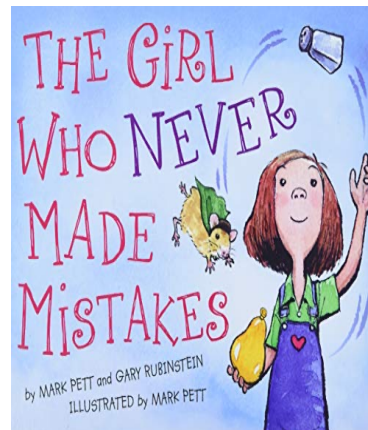
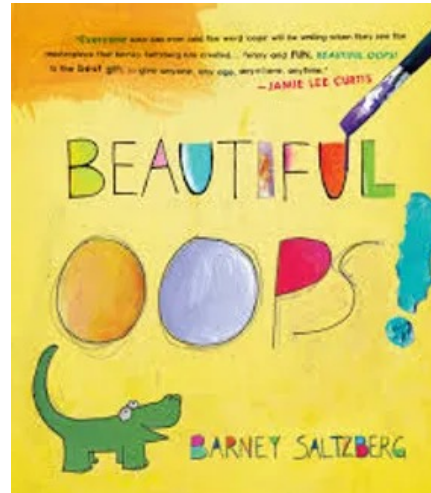


Perfectionism



Perfectionism

A guide for when striving for excellence becomes unhealthy





Anger

Parenting Special Children – “Who’s in Charge?”
Child/Adolescent to Parent Violence and Abuse

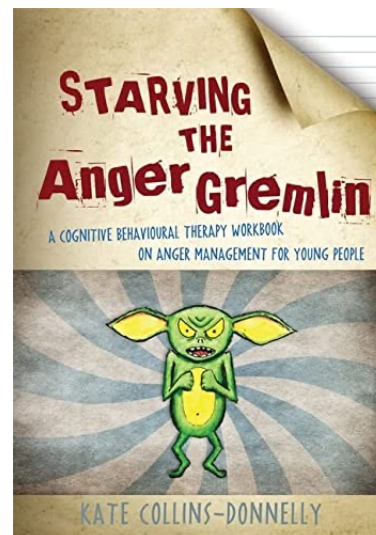
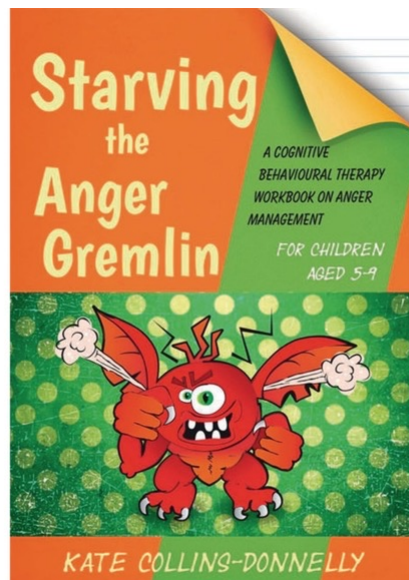
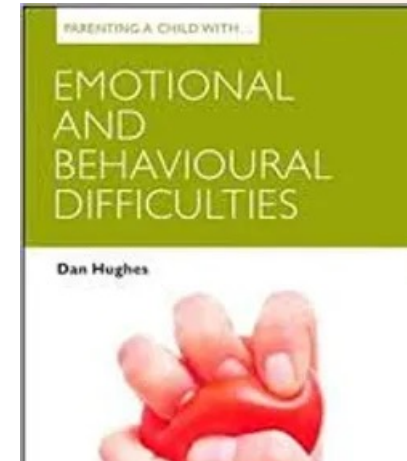
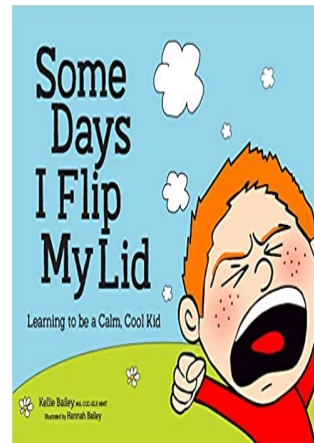
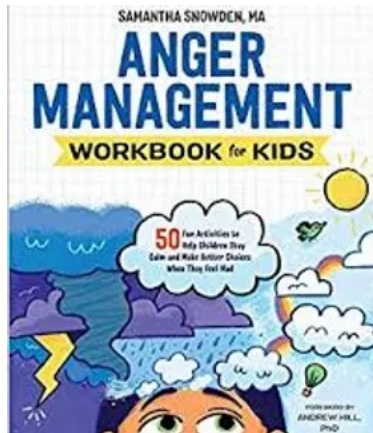
<https://www.parentingspecialchildren.co.uk/courses/whos-in-charge-child-adolescent-to-parent-violence-and-abuse/>

Young Minds:

<https://www.youngminds.org.uk/young-person/my-feelings/anger>



Anger and behaviour





Eating Disorders online support:

- [Beat Eating Disorders](#): helplines, chatrooms and resources.
- [NHS Advice for parents](#): eating disorders.

- [New Maudsley Cares Kent](#):

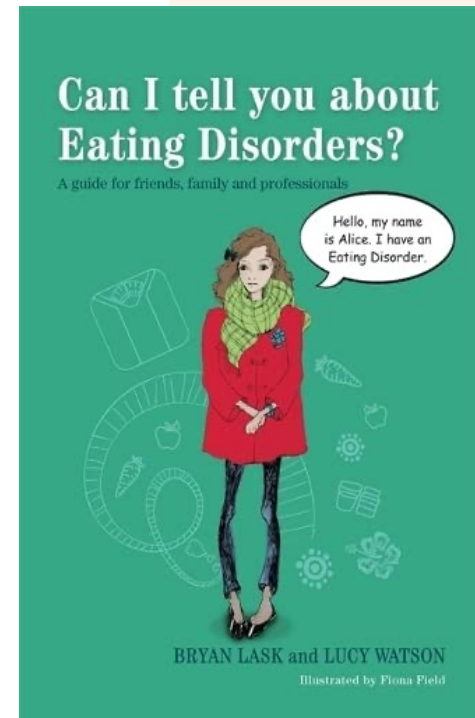
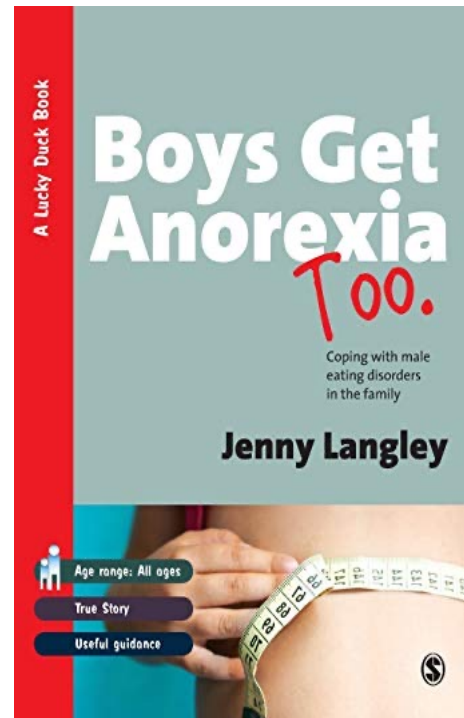
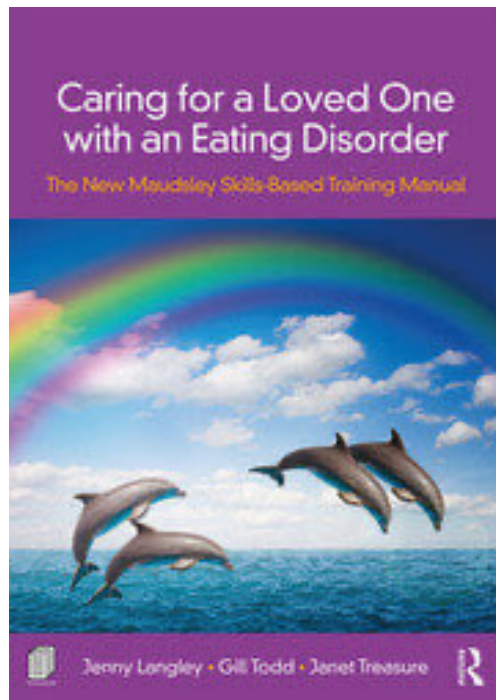
Jenny Langley is one of several “experienced” carers who have been trained by Gill Todd RMN, MSc to deliver the New Maudsley Carer Skills workshops in the community, as well as to coach carers via other mediums such as phone, e-mail, and support groups. (New Maudsley Carers Kent).

<https://newmaudsleycarers-kent.co.uk>



Eating Disorders:

Books:





SEND Online Support:

Council For Disabled Children: <https://councilfordisabledchildren.org.uk/>
They work to help make a difference to the lives of children with SEND. They influence government policies and translate these into practice. Here you will find some links to guidance, resources and free e-learning courses.

Parenting Special Children – Time Out for Special Needs A course for parents/carers who have children and young people with Special Educational Needs:
<https://www.parentingspecialchildren.co.uk/courses/time-out-for-special-needs/>

Mencap: provides a range of support, services, projects and advice for families including an online community page: <https://www.mencap.org.uk>

- [Call: 0808 808 1111](tel:08088081111)
- [Email: helpline@mencap.org.uk](mailto:helpline@mencap.org.uk)



SEND Support- Special Needs Jungle

“Special Needs Jungle creates easy to understand resources, articles and information for parents and carers of children with special needs, disabilities and health conditions to better enable them to navigate the special needs system...

We aim to inform, educate and empower families to self-advocate confidently, so their children get the help they need to live the best life they can.” (Special Needs Jungle)

<https://www.specialneedsjungle.com/>



SEND Support- ChatterPack

<https://chatterpack.net/>

“ChatterPack is a voluntary-run, online special educational needs and disabilities hub

We work hard to support families, schools, and other professionals through our free resources, and by sharing accurate, practical, respectful, advice and information.” (ChatterPack)

Here you will also find a directory of resources and links to additional sources of support.



ADHD Support

[ADHD and Mental Health- a Guide for young people \(Young Minds\): https://www.youngminds.org.uk/young-person/mental-health-conditions/adhd-and-mental-health#ADHDandyourmentalhealth](https://www.youngminds.org.uk/young-person/mental-health-conditions/adhd-and-mental-health#ADHDandyourmentalhealth)

[Supporting your child with ADHD \(Young Minds\): https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/adhd/](https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/adhd/)

[“The ADHD Foundation Neurodiversity Charit: https://www.adhdfoundation.org.uk](https://www.adhdfoundation.org.uk)

[Parenting Special Children – Time Out for ADHD https://www.parentingspecialchildren.co.uk/courses/time-out-for-adhd/](https://www.parentingspecialchildren.co.uk/courses/time-out-for-adhd/)

[The National Attention Deficit Disorder Information and Support Service http://www.addiss.co.uk/](http://www.addiss.co.uk/)



Autism Support

National Autistic Society gives ideas for supporting someone with autism. They have different helplines for advice too:
<https://www.autism.org.uk>

Happy Maps- provides a range of links to sources of support, including supporting people on the Autism Spectrum:
<https://happymaps.co.uk/age-group/primaryschool/primary-autism/>

Schooling Tips for Parents of Autistic Children (BBC):
<https://www.bbc.co.uk/bitesize/articles/zb7vn9q>

When you're ready: a list of resources and support from parents, for parents and carers: <https://happymaps.co.uk/wp-content/uploads/2020/12/ASD-resources-Bris-and-S-Glos-....pdf>



Autism Support

Parenting Special Children – Autism Service

<https://www.parentingspecialchildren.co.uk/support-we-offer/autism/>

Ambitious About Autism – Parent Toolkit

<https://www.ambitiousaboutautism.org.uk/information-about-autism/early-years/parent-toolkit>

Autism Education Trust

<https://www.autismeducationtrust.org.uk/resources>

Child Autism UK – Releasing potential

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

NHS Autism

<https://www.nhs.uk/conditions/autism/>



Stammering

Michael Palin Centre for Stammering

<https://michaelpalincentreforstammering.org/>

Stamma – The UK charity supporting people who stammer and those who support them

<https://stamma.org/>

NHS: <https://www.nhs.uk/conditions/stammering/treatment/>



Family Action, Family Line:

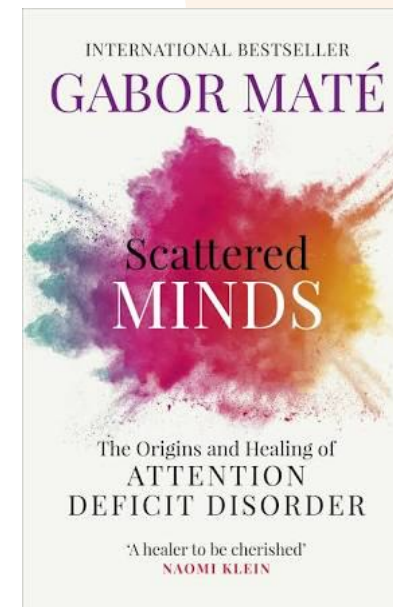
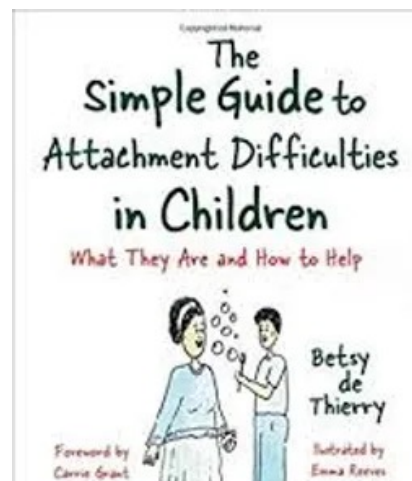
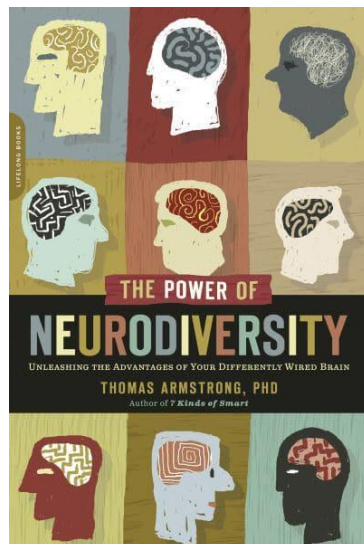
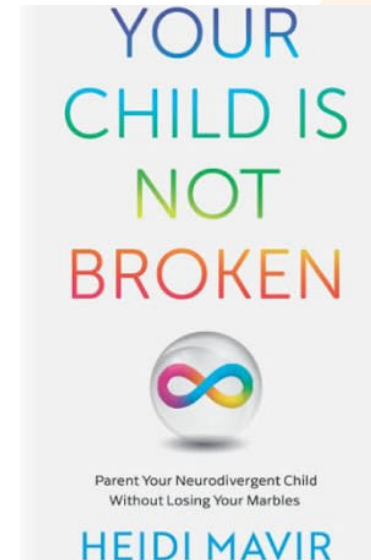
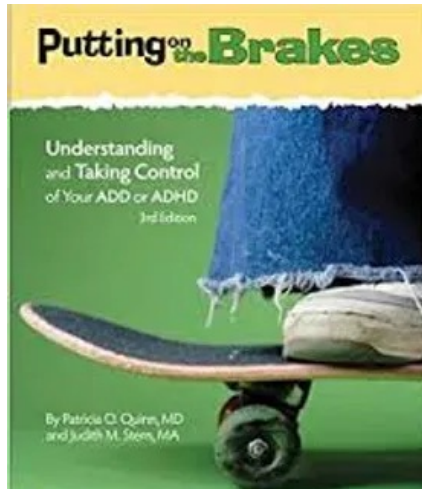
“Supporting adult family members via telephone, text, email and web chat

We're here to provide a listening ear, answer particular parenting questions or help with guidance around more complex issues. All support takes place via telephone, text message or email and is free.” (Family Action)

- 0808 802 6666
- Text: 07537 404 282
- familyline@family-action.org.uk
- Mon-Fri, 9am to 9pm



Books





Covid Support:

The Children and Young Peoples Mental Health Coalition (Coalition of leading charities who work together to represent children's mental health) has a range of links to mental health support for parents and carers in relation to the Covid Pandemic (in addition to other useful resources and research):

<https://cypmhc.org.uk/for-parents-and-carers/>



Bereavement

At a Loss: <https://www.ataloss.org/>

Bereavement advice with The Beatles –video from David Trickey from the Anna Freud Centre
<https://www.youtube.com/watch?v=SlxND1GKHiQ>

Child Bereavement UK
<https://www.childbereavementuk.org/>

Grief Encounter –
<https://www.griefencounter.org.uk/about-us/about/what-we-do/>



Bereavement

Winston's Wish – supporting children and young people after the death of a parent or sibling
<https://www.winstonswish.org/>

Childhood Bereavement Network
<https://childhoodbereavementnetwork.org.uk/>

The Good Grief Project:
<https://thegoodgriefproject.co.uk/>

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



Attachment

Parenting Special Children – Trauma and Attachment Service

<https://www.parentingspecialchildren.co.uk/support-we-offer/trauma-and-attachment-service-tas/>

Parenting Special Children – Attachment Focused

Parenting/Caregiving Courses

<https://www.parentingspecialchildren.co.uk/courses/attachment-focused-parenting-caregiving-courses/>

Attachment and Child Development:

<https://learning.nspcc.org.uk/child-health-development/attachment-early-years>



ACES, Trauma and Stress

Parenting Special Children – Trauma and Attachment Service

<https://www.parentingspecialchildren.co.uk/support-we-offer/trauma-and-attachment-service-tas/>

Early Childhood Development (Harvard):

<https://developingchild.harvard.edu/guide/what-is-early-childhood-development-a-guide-to-the-science/>

NSPCC Brain Story: <https://learning.nspcc.org.uk/child-health-development/childhood-trauma-brain-development>



Connect before you correct...

Emotion Coaching and website:

When you have found the right time, the quality of the interaction lies within how we:

- Connect
- Listen
- Validate
- Empathise

...before trying to help problem solve or set limits with a young person. **Emotion Coaching** developed by John Gottman, is an evidence-based model that allows us to connect with our child in these ways.

For a free copy of '[All Emotions Are OK](http://www.allmotionsareok.co.uk)' book which introduces mindful emotion coaching and the hand model, in an easy to read, accessible format, please visit: www.allmotionsareok.co.uk. To find out more about **emotion coaching** you can visit www.mindfulemotioncoaching.co.uk where there are a variety of accessible videos and an e-learning platform.



Hand Model video for adults:

Fantastic video explaining the **'Hand Model'** and how we can sometimes **'Flip our Lids'** developed by DR Dan Siegel:

<https://youtu.be/89CI8bOsdXQ>

Adapted version by EHCAP ltd:

<https://www.ehcap.co.uk/handmodel>



Mindful Emotion Coaching training and free book



CPD

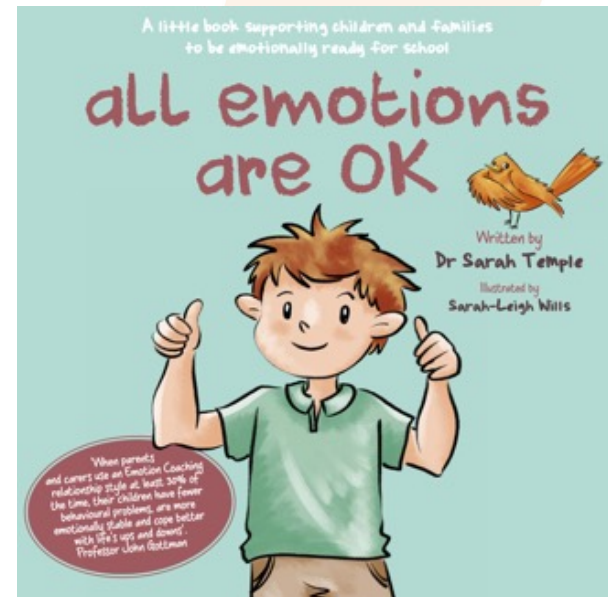
Mindful Emotion Coaching Programme

Mindful Emotion Coaching is all about finding a framework for meaningful connections. It's about using a coaching technique to understand better and develop our awareness of emotions and in particular our ability to sit with difficult emotions (emotion literacy or emotion intelligence). The learning starts with us as health, education and care professionals. As we develop insight into our own emotional world we then use the skills we have learned to support colleagues and families develop their emotion literacy. What we know from the science is that those of us who experienced adversity in childhood- especially if either in the womb or the first three years of life- are likely to have biological reasons for experiencing difficulty managing emotions when under stress.

You can access our Mindful Emotion Coaching Programme materials through our advanced e-learning modules. You will receive a certificate for 4 hours accredited CPD on completion. Suitable for GPs, Nurse Practitioners, Paediatricians, Social Workers, Public Health Nurses, Family Support Workers, Parent Family Support Advisors, Early Years staff, Teachers and anyone in a caring role.

Access our accredited CPD in Mindful Emotion Coaching

Train with us as a Mindful Emotion Coach



<https://emotioncoaching.groupsie.com>

<https://form.jotform.com/210361158801043>



BBC Mood Boosters videos:

“Try a Moodbooster activity at home to get your family moving and feeling good!

Famous faces from across the BBC and beyond including Dr Ranj Singh, Oti Mabuse, Ade Adepitan MBE, Rhys Stephenson and Bethany Shriever MBE lead videos to inspire everyone at home to boost their mood, feel good, and use movement to help them understand their emotions and manage feelings together as a family.

There are 10 Moodboosters videos to use at home as a family that will help to encourage a sense of fun in your living room.” (BBC)

<https://www.bbc.co.uk/teach/moodboosters/family-moodboosters/z6cxnk7>



Relaxation

Relax Kids

<https://relaxkids.com/>

Breathing & Relaxation Techniques

<http://www.safehandsthinkingminds.co.uk/covid-anxiety-stress-resources-links/>

Cosmic Kids Yoga: <https://cosmickids.com>

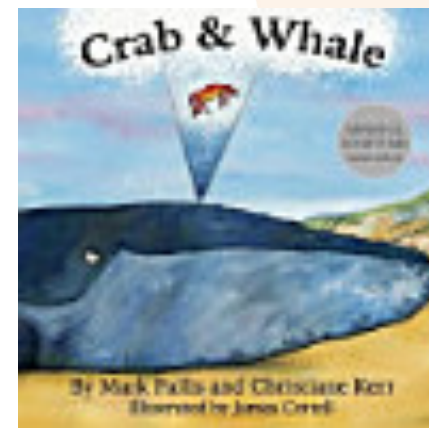
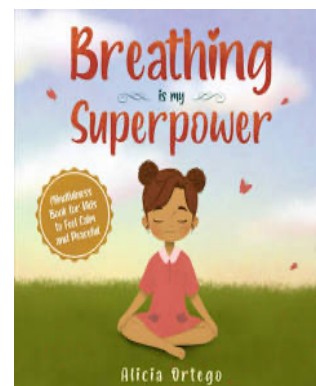
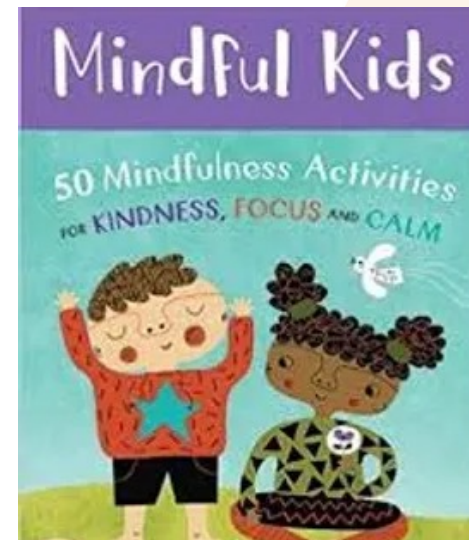
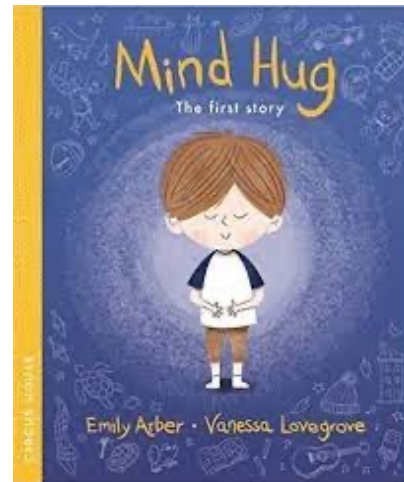
BBC Mindfulness Hub:

<https://www.bbcchildreninneed.co.uk/schools/primary-school/mindfulness-hub/>

Mindful.org: <https://www.mindful.org/mindfulness-for-kids/>

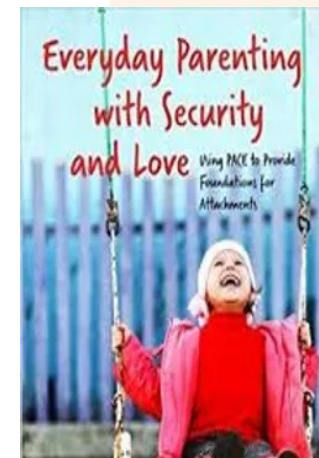
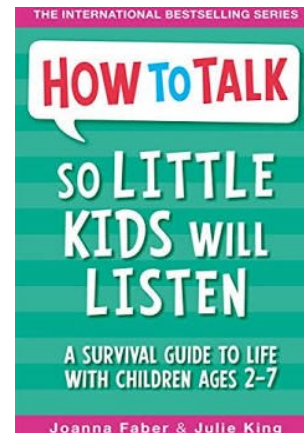
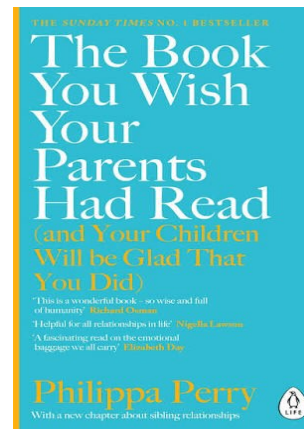
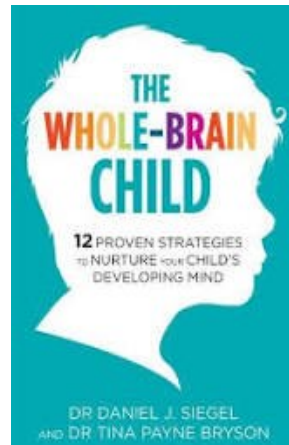
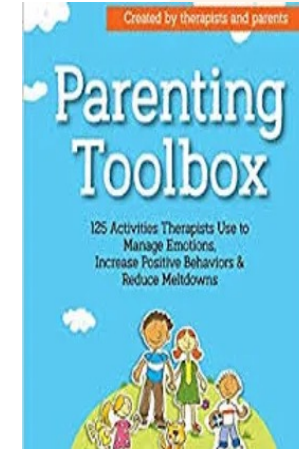
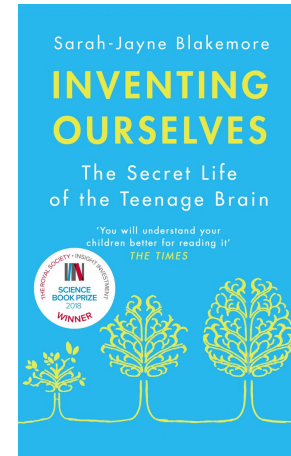
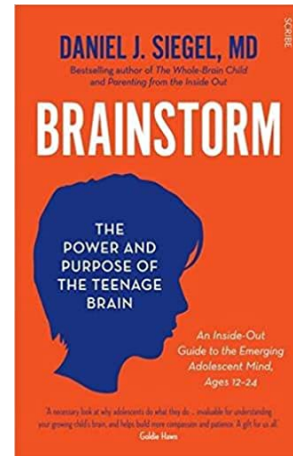
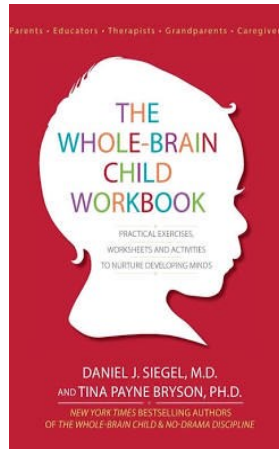


Mindful Books



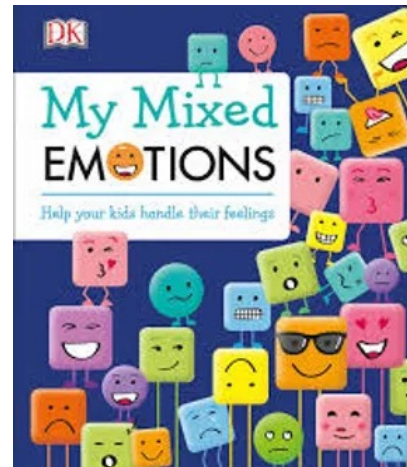
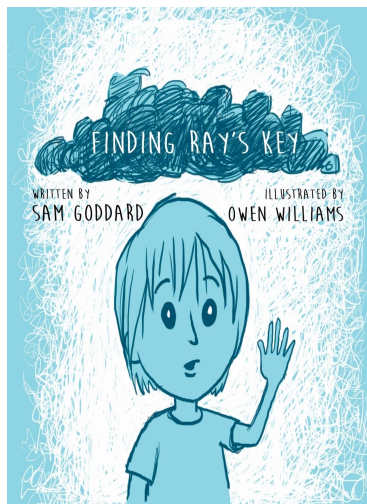


Helpful books for parents/ carers:



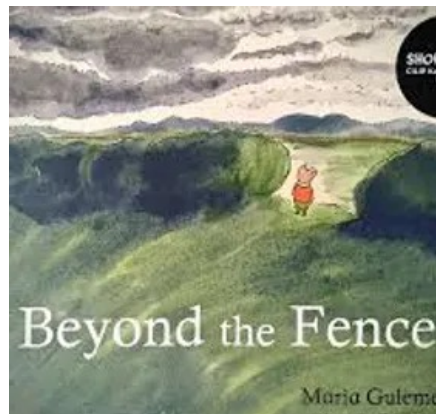
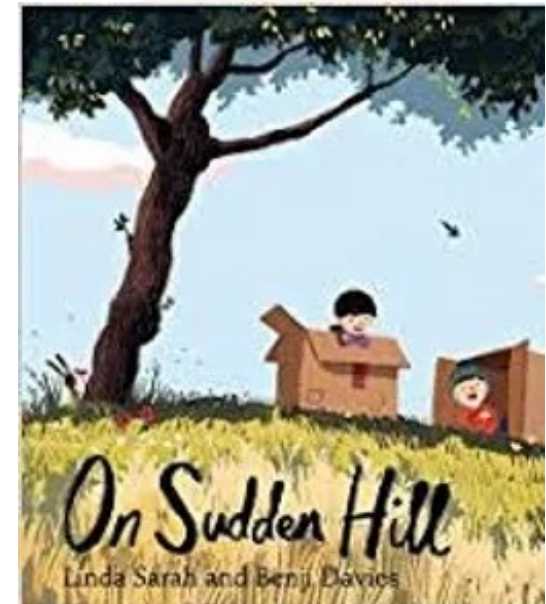
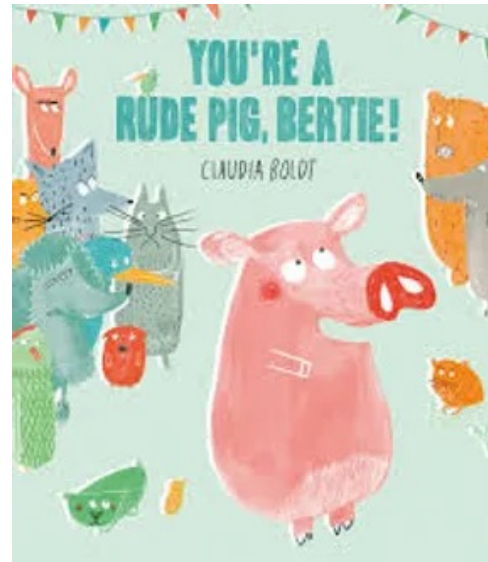
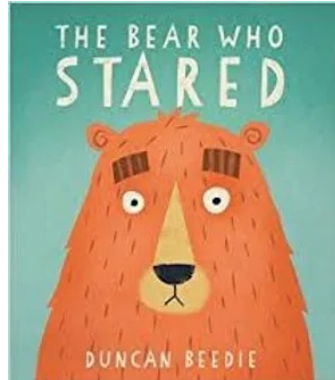


Books to support children with their emotions



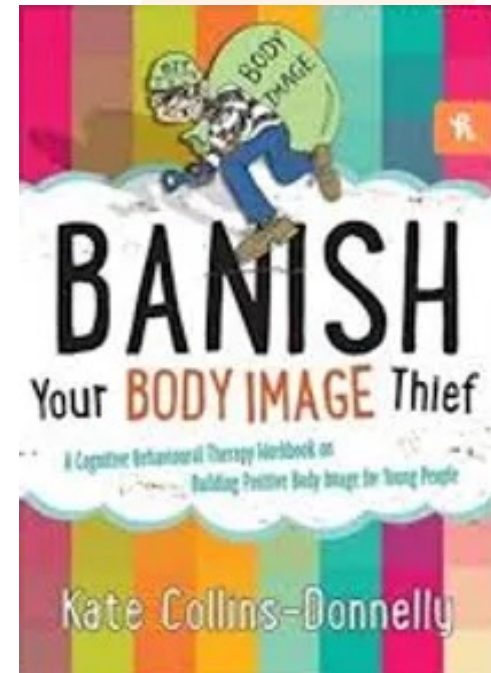
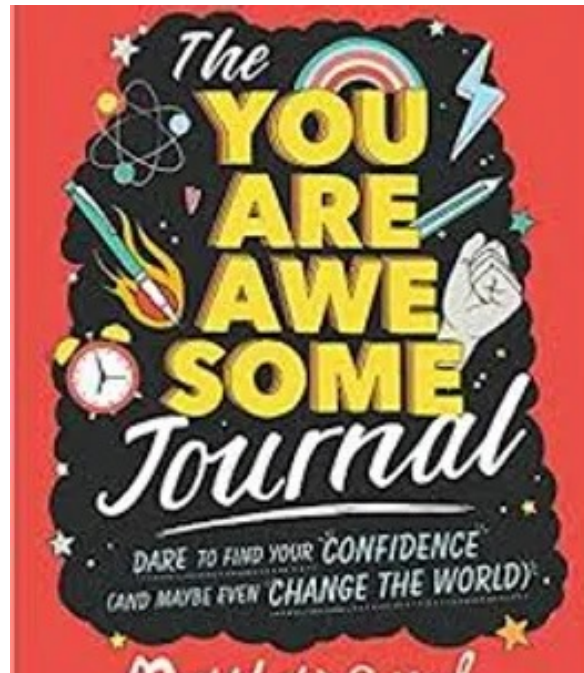
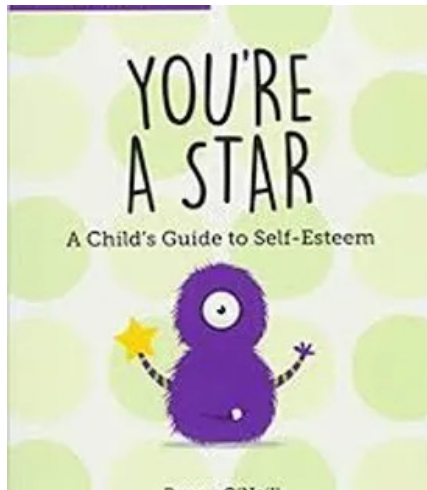


Social situations



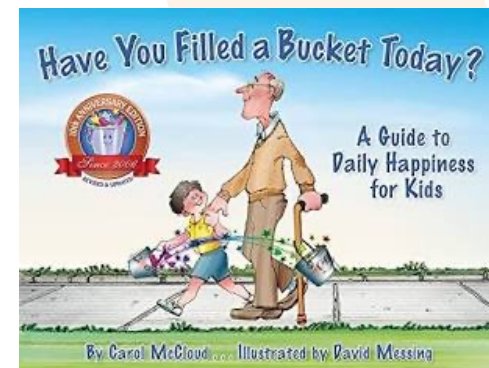
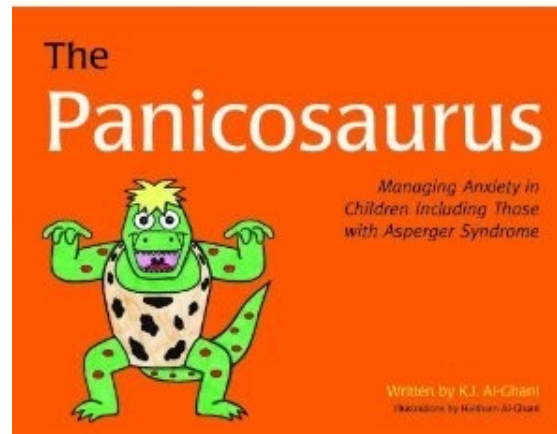
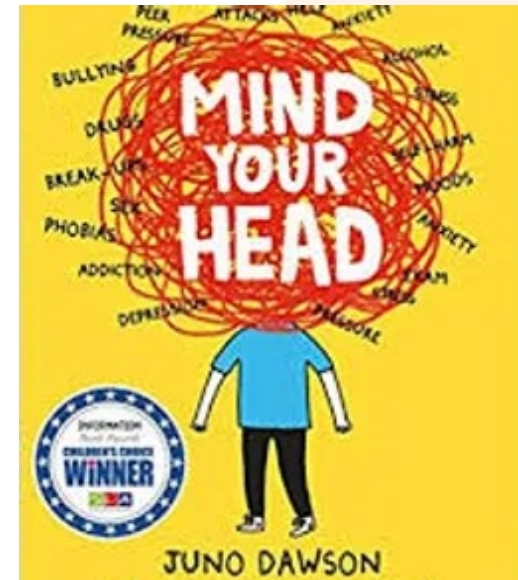
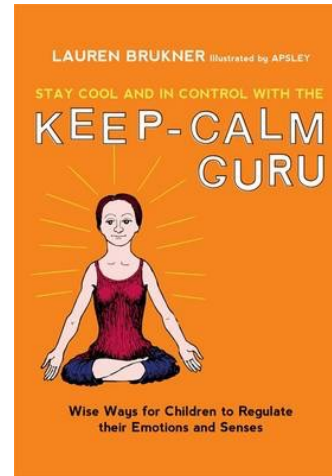
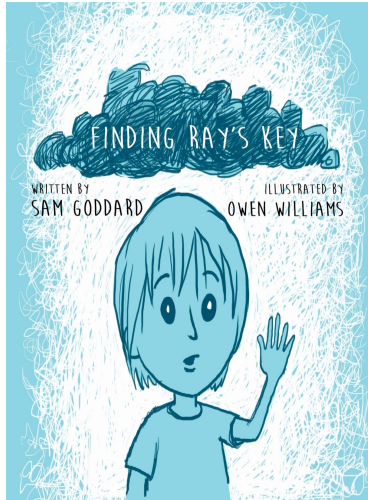


Self Esteem



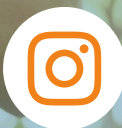


More helpful books:





Follow us



Charlie Waller Trust
@charliewalleruk

A circular inset image showing two hands forming a heart shape, with a blurred background of people.

Fundraise for us

Fundraising for us not only brings in money to help us continue our work – it also raises mental health awareness and what people can do to take care of their wellbeing.

Find out more
charliewaller.org/get-involved

A circular inset image showing three young people sitting on a concrete ledge outdoors. The person in the center is a man with a beard wearing an orange t-shirt that says 'HOPE KIDS'. He is flanked by two other people, one on the left and one on the right, both partially visible. They are all looking down or away from the camera.

Students Against Depression

Our Students Against Depression website is full of clinically based self-help information and activities for students experiencing depression, anxiety and other common mental health problems.

Find out more
studentsagainstdepression.org