

Mental Health

Free information and resources for parents and carers

DSPL | Delivering Special Provision Locally
Achieving quality outcomes

Dacorum

Information and free resources to help you support your child's wellbeing.

Healthy Young Minds in Herts

<http://healthyyoungmindsinherts.org.uk/>

The CAMHS Transformation website. Free resources aimed at young people, parents and carers, and professionals. Links to local organisations and advice on how to make a referral if you have concerns.



www.minded.org.uk

Online advice and support you can trust.

Is your child in crisis? Are you worried about them? Perhaps you just want some parenting tips. This site will help you understand your child.



www.mind.org.uk

Mind provides free advice and support to anyone experiencing a mental

health problem.



Age 10+ www.kooth.com

Online counselling and wellbeing support. Confidential counselling, and 'live' group chats that are moderated. Available to young people aged 10 to 25 with a GP in Hertfordshire.

Dacorum DSPL

Dacorum DSPL's Mental Health Sub Group is looking at common issues across the area, working with Herts Clinical Commissioning Group, Step2 and The Well Being Service. Information on our work and training opportunities are at:

www.dacorumdspl.org.uk or

www.facebook.com/dspldacorum

YOUNGMINDS

youngminds.org.uk/

The UK's leading charity committed to improving the wellbeing and mental health of children and young people. It provides resources, training and a helpline for parents.



Five Ways to Wellbeing

The five ways to wellbeing have been shown to help us keep emotionally healthy. Find out more by visiting www.youtube.com and typing 'Five Ways to Wellbeing' in the search bar, to view an animation made by Rochdale Borough Council.



The Children's Society have a leaflet just for parents on how to encourage their children towards doing

more of the five ways to wellbeing.

Visit www.childrenssociety.org and type 'Five Ways to Wellbeing' in the search box.



Age 16+: The Well Being Service

<http://talkwellbeing.co.uk/>

NHS service for anyone over the age of 16.

The Wellbeing Service offers free, confidential talking therapy and practical support for people experiencing a wide range of very common emotional difficulties such as, anxiety, worry, low mood, depression and stress. Anyone can be refer themselves or be referred through their GP.