Action for Children gives advice and activities for parents to support children & young people's mental health, also provides one to one chat and coaching https://parents.actionforchildren.org.uk/mental-health-wellbeing/

- NHS Every mind matters
  Coronavirus
- Wellbeing tips
- Mental health issues
- Life's challenges
- Supporting others
- Urgent support

Every Mind Matters home

Looking after your mental health

There are little things we can all do to help look after our mental health. Having good mental health helps us relax more, achieve more and enjoy our lives more.

We have expert advice and practical tips to help you look after your mental health and wellbeing, so discover what works for you.

Your Mind Plan quiz



Get Your Mind Plan

Answer 5 quick questions to get your free plan with tips to help you deal with stress and anxiety, improve your sleep, boost your mood and feel more in control.

Good for your body, good for your mind

Smiling minds Try our free mindfulness app.

Practice your daily meditation and mindfulness exercises from any device.

Smiling Mind is a unique tool developed by psychologists and educators to help bring balance to your life.

We suggest 10 minutes a day.

What are you waiting for?

DOWNLOAD THE APP NOW AND SEE FOR YOURSELF!



