

Info, Apps, Websites and Helplines for Parents

Mental Health and Emotional Wellbeing:

http://somersethealthinschools.co.uk/mental_health_toolkit

A Somerset County Council Website built to deliver information about a variety of issues. The Mental Health Toolkit provides lots of information about mental health including self-harm.

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

An NHS approved website that contains a host of information about a range of parenting issues including managing emotional and mental health.

<http://somersethealthinschools.co.uk/lifehacks/>

Ideas for creating positive mental health.

[Five Ways to Wellbeing app](#)

Available in the app store: The Five Ways to Wellbeing app, developed by Somerset Public Health, helps people improve their well-being through everyday activities No rules, no regulations

<https://reading-well.org.uk/>

Suggested books to read relating to specific issues around mental health. Endorsed and supported by libraries and mental health professionals.

www.kooth.com

Free, safe and anonymous online counselling for young people.

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

UK's Leading Charity committed to improving the emotional wellbeing and emotional health of children and young people. Parents Helpline: 0808 802 5544

Smiling Minds: <https://smilingmind.com.au/>

Smiling Mind is a unique web and app-based program developed by psychologists and educators to help bring balance to people's lives.

Headspace App: <https://www.headspace.com/>

Headspace is meditation made simple. Learn online, when you want, wherever you are, in just 10 minutes a day.

Relax Melodies App: <http://relaxmelodies.com/>

Get relaxed, unwind, lose any anxiety and sleep better now! Use a combination of sounds, melodies, guided meditations, brainwaves beats and even your own music to create that perfect ambience.

Calm: <https://www.calm.com/>

Relax with Calm, a simple mindfulness meditation app that brings clarity and peace of mind into your life.

Leaflet: Active listening skills:

http://www.cypsomersehealth.org/resources/EHWP/self_harm_information_sheets/Active_listening_skills.pdf