

Supporting Mental Health and Wellbeing



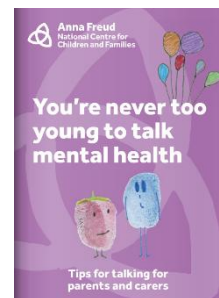
Children's Mental Health Week is coming up, and the theme this year is **'express yourself'**. By talking openly about mental health from a young age, children can learn to better understand their emotions, break down stigma, and feel safe enough to reach out for help when it's needed. Talking about mental health and expressing our feelings can be difficult, no matter our age. On this page, we are sharing many great resources to help children, staff and parents start the mental health conversation.

During this current lockdown, it is more important than ever to share how we are feeling with others.

[You're never too young to talk mental health: tips for talking for parents and carers](#)

This leaflet provides simple advice and guidance for parents and carers about having conversations about their child's feelings and making them part of everyday life.

[Go to resource](#)

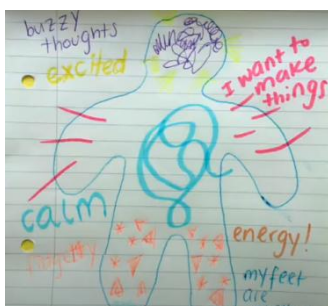


[Talking to my child - MindEd](#)

This is an easy to read PDF and interactive website with tips, videos and suggestions for parents about encouraging their child to open up about their feelings.

[Go to resource](#)

[Easy to read PDF](#)



[Draw a feeling](#)

This video shows a fun activity that helps children think about and draw their feelings.

[Go to video](#)

[Squiggle Game](#)

A short activity to encourage creativity

[Go to video](#)



Top Tips to help children express themselves

This document explains how parents can support children to express themselves



[Go to Document](#)

Coronavirus - Wellbeing ideas for families

A list of recommended resources for families

[Go to website](#)



Conversation Starters

How are you feeling?

What do you want to talk about?

What was the best and worst bit of your day?

If you could start today again, what would you do differently?

Ways to start conversations with your child about feelings and emotions

[Conversation Starters Website](#)

[Conversation Starters PDF](#)

General Websites



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

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

YOUNGMINDS



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

<https://parents.actionforchildren.org.uk/>

