

Children and Young People's Social and Emotional Mental Health & Well-being

Useful resources

1. Enfield's Educational Psychology Service - resources children and parents/carers and schools
<https://traded.enfield.gov.uk/thehub/enfield-thrives-together/resources>
2. Kooth - an online platform which offers online support for 11 to 18 year olds
<https://www.kooth.com/>
3. Anna Freud Centre - resources for children and parents/carers and schools
<https://www.annafreud.org/schools-and-colleges/resources/>
4. Young minds - resources for parents/carers
<https://youngminds.org.uk/find-help/for-parents/>
5. BBC bitesize article about anxiety
<https://www.bbc.co.uk/bitesize/articles/z6ksy9q>
6. Our Voice Enfield video about establishing a routine
<https://www.ourvoicenfield.org.uk/news/show/107>
7. Link for parents/carers to book a telephone call from the Enfield Educational Psychology helpline
https://forms.office.com/Pages/ResponsePage.aspx?id=HbkYzLIbm02sdnpER0iNSS42_h6tBTJDseFVmtT9SWpUOFpaTlBNMTUxUTAyMUhXTDRFVFFQTBMOc4u
8. Link for school staff to book a telephone call from the Enfield Educational Psychology helpline
https://forms.office.com/Pages/ResponsePage.aspx?id=HbkYzLIbm02sdnpER0iNSS42_h6tBTJDseFVmtT9SWpURFZZNE5FNUZPUk85QTkyNTg4Vk1YMFLEOS4u