

Links from Children and Young People's Mental Health online event 27th April 2021

Panel speakers:

Enfield Educational Psychology service

[Leaflet about helpline](#)

Barnet, Enfield and Haringey Mental Health Trust Child and Adolescent Mental Health Services (CAMHS)

<http://www.behcamhs.nhs.uk/about-us/enfield-camhs.htm>

[Leaflet about CAMHS services](#)

Kooth

[Kooth in Enfield – a new service \(beh-mht.nhs.uk\)](#)

[Home - Kooth](#)

Wellbeing Connect Services

[Wellbeing Connect Services – ...bridging the gap in mental health services](#)

Mind in Enfield

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

Anxiety

BBC How to support your child with anxiety: <https://www.bbc.co.uk/bitesize/articles/z6ksy9q>

Young Minds helping your child with anxiety: <https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-to-support-anxiety/>

NHS information about anxiety in children: <https://www.nhs.uk/mental-health/children-and-young-adults/advice-for-parents/anxiety-in-children/>

Mindfulness

Mindfulness in Schools Project: <https://mindfulnessinschools.org/wp-content/uploads/2020/05/MiSP-Research-Evidence-Summary.pdf>

Mindfulness activities for children from Alder Hey Hospital:

https://alderhey.nhs.uk/application/files/9815/8515/7280/Mindfulness_activities_for_kids.pdf

Talking to your children about emotions

BBC: <https://www.bbc.co.uk/cbeebies/joinin/talking-to-your-child-about-emotions>

NHS: <https://www.nhs.uk/mental-health/children-and-young-adults/advice-for-parents/talk-to-children-about-feelings/>

Supporting children through divorce or separation

Separated families: <https://www.separatedfamilies.info/>

Young minds: <https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-to-support-divorce-or-separation/>

Bereavement support

Grief encounter: <https://www.griefencounter.org.uk/>

Winstons Wish: <https://www.winstonswish.org/>

Drugs and alcohol

Compass UK: <https://www.compass-uk.org/services/enfield-sort-it/>

Underage drinking <https://www.drinkaware.co.uk/advice/underage-drinking/the-law#helptoanswerquestionsaboutunderagedrinking>

LGBTQ+ support

Enfield Council: <https://new.enfield.gov.uk/youth/lgbtq/>

Proud Enfield: <https://lgbtenfield.org/>

Young Stonewall: <https://www.youngstonewall.org.uk/>

General

Healthwatch Enfield website: <https://www.healthwatchenfield.co.uk/advice-and-information/2021-03-17/tools-and-resources-help-your-mental-health-and-wellbeing>

Ronan Kemp BBC documentary: [BBC iPlayer - Roman Kemp: Our Silent Emergency](#)

Public Health England free 3hr training course on how to provide practical and emotional support to children and young people affected by emergencies or crisis situations:
www.futurelearn.com/courses/psychological-first-aid-for-children-and-young-people