



Child's Mental Health



Lincolnshire Partnership NHS Foundation Trust - Child and Adolescent Mental Health Services (CAMHS)

Provides mental health services to children and young people up to the age of 18. Parents can self-refer for an assessment by contacting their local CAMHS service.



Kooth

Provides free, safe, and anonymous online counselling and support to young people aged 11-18 in Lincolnshire



Young Minds

Provides information and advice on mental health for young people and parents. Also offers a parent's helpline for support and advice.



MindEd

A free online educational resource for professionals and parents to learn about children and young people's mental health



Family Lives

Provides support and advice for parents on a range of issues, including mental health and well-being. Offers a helpline, live chat, and parenting groups.



The Children's Society

Provides support and advice for children and young people on a range of issues, including mental health and well-being. Also offers a helpline for parents



*None of these sites or resources are endorsed by the school, although they are sites and organisations that have been recommended. As a school we are always here to support and help in anyway we can



Relationships with eating and food



First Steps Eating Disorders

Offers support and resources for children, young people, and families dealing with eating disorders in the East Midlands region, including South Lincolnshire



Young Minds

Advice, information and links to further support surrounding issues with food and young people



Something Fishy

Offers resources and support for children and young people who are struggling with eating disorders



Eating Disorder Hope

Offers support and resources for children and young people who are struggling with eating disorders, including a helpline and online resources



NEDA

Offers support and resources for children and young people who are dealing with eating disorders, including an online chat and helpline .



ANAD

Offers support and resources for children and young people who are struggling with eating disorders, including a helpline and online resources



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Bed time routines and sleep habits



Sleep Council

Offers advice and resources for children and parents to establish healthy sleep habits and routines



NHS Better Sleep

Offers resources and advice for children and parents to establish healthy sleep habits and routines



The Children's Sleep Charity

Offers support and resources for children and parents to improve sleep routines, including a helpline and sleep workshops



The National Sleep Foundation

Offers resources and advice for children and parents to establish healthy sleep habits and routines



Sleepio

Offers an online sleep improvement program for children and adults to establish healthy sleep habits and routines



The Sleep School

Offers an online sleep improvement program for children and adults to establish healthy sleep habits and routines



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Behaviour



<p><u>Lincolnshire Parent Carer Forum</u> Offers support, resources, and workshops for parents of children with special educational needs and disabilities (SEND), including behaviour management</p> 	<p><u>Family Lives</u> Offers support on positive parenting, both online and phone lines as well as many other aspects of parenting</p> 	<p><u>Young Minds</u> Offers support and resources for parents to understand and manage children's behaviour, including advice on mental health and wellbeing</p> 
<p><u>Positive Parenting Program</u> Offers evidence-based parenting strategies to promote positive behaviour in children, including resources and workshops for parents</p> 	<p><u>Action for Children</u> Offers support and resources for families, including behaviour management strategies and a helpline for parents</p> 	<p><u>Family Line</u> Offer a listening ear, answer particular parenting questions or help with guidance around family issues</p> 

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Anxiety



<p><u>Child Mind Institute</u></p> <p>Provides a range of resources on anxiety in children, including tips for parents, strategies for managing anxiety, and videos and webinars</p> 	<p><u>KidsHealth</u></p> <p>Provides information for parents on anxiety in children, including how to recognize signs of anxiety, how to talk to children about anxiety, and strategies for coping with anxiety</p> 	<p><u>The Mighty</u></p> <p>Provides articles and personal stories on parenting and anxiety, including tips for parents and strategies for managing anxiety in children</p> 
<p><u>Worry Wise Kids</u></p> <p>Provides resources for parents on how to help children with worry and anxiety, including a guide for parents and tips for managing anxiety in children</p> 	<p><u>Don't lose hope</u></p> <p>A local charity of skilled professionals offering counselling for children aged 4 and over</p> 	<p><u>NHS</u></p> <p>A site offering advice and links to help children identify and cope with anxiety</p> 

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