

## Mental Health and Wellbeing Signposting for Families and Pupils

At our school we recognise the importance of the mental health and wellbeing of pupils as central to pupils being able to achieve happy and fulfilling lives. There are lots of resources and organisations that can also support the mental health and wellbeing of your family and child(ren). Below are some websites / organisations that you may find useful. This is not an exhaustive list.

### \*Disclaimer

The views and opinions included within these external organisations do not necessarily mirror the views or opinions of the school. It is not the responsibility of the school to advise, monitor or be liable for the content of these external organisations. Use of any information obtained from such organisations is voluntary, and reliance on it should only be undertaken after an independent review of its accuracy, completeness and suitability for the intended audience.

### Signposting for Families

<a href="#">5 Steps to Mental Wellbeing</a>	5 steps to improve your mental health and wellbeing. Trying these things could help you feel more positive and able to get the most out of life
<a href="#">HOME   CAMHS Resources (camhs-resources.co.uk)</a>	For young people, carers and professionals. lots of helpful resources from across the internet that are available to help support your mental health and well-being
<a href="#">Parenting and Family Support - Family Lives (Parentline Plus)</a>	Parenting and family support. This website has very practical guidance in a wealth of areas from school routines to self-harm
<a href="#">Wellbeing advice for parents to support their child - BBC Parents' Toolkit - BBC Bitesize</a>	Health and wellbeing advice for parents to support their child - from food and sleep, to anxiety and the online world
<a href="#">Parent Info   From NCA-CEOP and The Parent Zone</a>	Providing expert advice regarding internet and digital activity, gaming and online safety
<a href="#">Home - Awtistiaeth Cymru   Autism Wales   National Autism Team</a>	Improving the lives of autistic people living in Wales
<a href="#">Get support - Cruse Bereavement Support</a>	National charity which offers support, advice and information to children, young people and adults when someone dies
<a href="#">mind</a>	Mental Health information and support for adults, children and teenagers. Find local services.
<a href="#">The Sleep Charity</a>	Education support and advice on good sleep routines for children, teenagers and adults.
<a href="#">ACTivate Your Life - Public Health Wales (nhs.wales)</a>	Public Health Wales free online course for anyone over the of 16 designed to help improve mental health and wellbeing.

<a href="#">Melo Cymru</a>	Aneurin Bevan University Health Board website with partners to look after the mental wellbeing of people living and working in these areas; Torfaen, Newport, Monmouthshire, Caerphilly, Blaenau Gwent
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## Signposting for Pupils

<a href="#">Meic</a>	Meic is the helpline service for children and young people up to the age of 25 in Wales. From finding out what's going on in your local area to help dealing with a tricky situation, Meic will listen even when no-one else will
<a href="#">Childline   Childline</a>	Advice, helpline, resources and support for children
<a href="#">Winston's Wish - giving hope to grieving children (winstonswish.org)</a>	Provides support to children and young people after bereavement of a parent or sibling
<a href="#">YoungMinds   Mental Health Charity For Children And Young People   YoungMinds</a>	A charity supporting children, parents and those working with children and young people

## Signposting for Secondary Aged Pupils

<a href="#">Home - Kooth</a>	Free, safe and anonymous mental health support for young people
<a href="#">Monmouthshire Youth Resources</a>	Apps and websites for young people to support wellbeing.

## Local Support

<a href="#">Dewis Wales</a>	Find local and national organisations and services that can provide information or advice about your well-being; or want to know how you can help somebody else. Including information about people and services in your local area
<a href="#">Monmouthshire Therapeutic Services</a>	Information on how to access services available to children, young people and their families in Monmouthshire.
<a href="#">Monmouthshire Family Information Service</a>	This is a directory website with over 500 links to support families in Monmouthshire. Everything from family support services to children and young people's activities
<a href="#">Families First Programme - Monmouthshire</a>	'Families First Programme' can provide your family with help, advice and support to prevent any issues or problems you may have from getting worse
<a href="#">Free School Meals - Monmouthshire</a>	Apply for free school meals for Monmouthshire County Council



<a href="#">The Building Bridges Project, Monmouthshire: HOME</a>	Activities and work-related experiences for young people in Monmouthshire