

Supporting pupils and their families' well-being

The Hampshire CAMHS team help children and young people, their families and carers when someone is experiencing emotional wellbeing or mental health difficulties. They have many great resources and apps which you can use with your children at home.

<https://hampshirecamhs.nhs.uk/help/young-people/>

<https://hampshirecamhs.nhs.uk/help/young-people/coronavirus-help-support-and-advice/>

Anna Freud: The Anna Freud National Centre for Children and Families has developed and delivered pioneering mental health care for over 60 years. Their aim is to transform current mental health provision in the UK by improving the quality, accessibility and effectiveness of treatment. They believe that every child and their family should be at the heart of the care they receive, working in partnership with professionals.

Information and videos supporting young people who are experiencing anxiety due to the Corona Virus: <https://www.annafreud.org/what-we-do/anna-freud-learning-network/coronavirus/>

Download [Mental health and the coronavirus research bite #1: Self-management strategies for young people experiencing anxiety](#)

Information and videos about how to talk to your children about their mental health and well-being: <https://www.annafreud.org/what-we-do/schools-in-mind/resources-for-schools/>