



Support Signposting for Families

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