



# Mental Health and Wellbeing resources.

Below are some resources that you may find useful to use with your children as they begin to navigate the transition from primary to secondary school, childhood and adolescence.

If is any further advice or support you require, please do not hesitate to contact the school.

## LoveReading4Kids

[Anxiety & Wellbeing - 50 Books to Help Children](#)

[Cope with Mental Health | LoveReading4Kids](#)

Anxiety and Wellbeing - 50  
Books to Help Children  
Cope with Mental Health  
worries.

## Happy Maps

[Primary School - HappyMaps](#)

HappyMaps is a charity developed by GPs and CAHMS to provide some of the best mental health resources.

The website offers links to resources, books other websites, apps and general information on different areas of mental wellbeing.

## Big Life Journal

These journals will:

- discover the power of their mindset
- handle negative feelings and self-talk
- create and plan out goals
- overcome challenges and setbacks
- build resilience and gratitude.



[Journals Bundle \(kids + teens\) - SAVE 10% – Big Life Journal](#)

## CAHMS free downloads.

This is a collection of downloadable self-help guides that we really like and hope may be useful to you. Some are aimed at adults but the ideas and suggestions in them can still be relevant for young people and parents.

[DOWNLOADS | CAMHS Resources \(camhs-resources.co.uk\)](#)

Some other great resources:

## YoungMinds Charity

[YoungMinds | Mental Health Charity For Children And Young People | YoungMinds](#)



