

Quick links for

# Mental Health & Wellbeing

A guide for  
Parents and  
Carers

Please see our 'Resources for Children and Young People' document for child and young person friendly suggestions.



## MindEd for Families

MindEd is a free learning resource about the mental health of children, young people and adults.



## Young Minds Parent Helpline

A helpline for parents/ carers offering tailored information, advice and support to parents and carers who are concerned about their child or young person's mental health.



## Anna Freud Resources for Families

Advice and guidance for parents and carers to help them support a child or young person experiencing poor mental health or wellbeing.



## Anna Freud self-care for Parents

Guidance on the importance of self-care for parents and carers.



## Paediatric Psychology Website

The ABUHB Paediatric Clinical Psychology website page.



## CAMHS Resources

Lots of helpful resources from across the internet that are available to help support your mental health and well-being.



# Sleep



## Cerebra

Sleep advice – applicable to all, but specific information related to children and young people with brain-related conditions.



## Cerebra Sleep Tips

Cerebra's sleep booklet introduces and explains different techniques for tackling common sleep problems.



## Sleep Hygiene for Children

Tips for supporting children with their sleep hygiene.



## The Sleep Charity

Helpful tips for improving children's sleep and understanding bedtime routines, sleep environments, and common sleep problems.



## GOSH Sleep Hygiene

Information and advice for parents/ carers for supporting children with sleep and their sleep hygiene.



## Teen Sleep Hub (Parents/Carers)

Information and advice for parents/ carers for supporting teenagers with sleep, and how you can help.



## Teen Sleep Hub (School)

Resources that can be used with pupils, thinking about why young people might not sleep well, the impact of sleep deprivation and small changes that can be made to improve sleep.



Quick links for

# Diet and Eating

A guide for  
Parents and  
Carers



Bwrdd Iechyd Prifysgol  
Aneurin Bevan  
University Health Board

## Eatwell Guide

A guide on how to support children and young people with healthy eating habits.



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Aneurin Bevan  
University Health Board

## Aneurin Bevan ARFID Service

Avoidant Restrictive Food Intake Disorder (ARFID) is an eating disorder characterised by a persistent, restricted food intake. You can find out more information on this website.



Quick links for

# Pain Management

A guide for  
Parents and  
Carers



Meg Foundation

## Meg Foundation

An organisation with lots of information and age-appropriate resources to help children and young people manage pain.



Meg Foundation

## Meg Foundation – Chronic Pain

Resources and information about chronic pain.



Pain  
CONCERN

## Pain Concern

Pain Concern is a charity providing information and support to people with pain and those who care for them.



## Pain Management links continued...



### Why Things Hurt Video

A Ted Talk by Lorimer Mosely explaining how pain works in our body and brain.



### Pain and Me Video

A video about chronic pain and how we can improve wellbeing alongside pain.



Quick links for

# General Advice

A guide for  
Parents and  
Carers

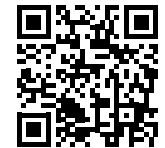


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### ABUHB Healthier Together

Healthier Together offers resources for families in Wales to support children's health, covering topics from healthy eating to managing common childhood illnesses.



Developed and delivered by



Gwasanaeth Rheoli Symptomau  
Symptom Management Service



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