

Please find below the link to CAMHS, which contains resources and links to support young people and families with their mental health and emotional wellbeing.

[CAMHS Resources](#)

CAMHS Resources

This site was created for young people, carers and professionals to pool together lots of helpful resources from across the internet that are available to help support your mental health and well-being. I hope that you find it helpful.

- DOWNLOADS**
Keeping your cool, STORIES THAT NEVER STAND STILL, me
- WEBSITES**
YOUNG HANDS, IT'S OKAY TO TALK, SAMARITANS, Beat young voices
- APPS**
Calm, MEE TWO
- BOOKS**
Think Good! Feel Good!, Mindful Kids, CALM: MINDFULNESS FOR KIDS
- VIDEOS**
TALKING MENTAL HEALTH, Young Minds
- CORONAVIRUS**
HELLO! How to cope with the flu and the common cold, HELLO! How to cope with heavy rain and uncertainty, HELLO! How to cope with the flu and the common cold, HELLO! How to cope with heavy rain and uncertainty, HELLO! How to cope with the flu and the common cold, HELLO! How to cope with heavy rain and uncertainty