

SELF HELP VIDEOS AND FACTSHEETS

SUPPORT FOR PARENTS AND CARERS

- [Help for Parents](#)
- [Support in Cornwall](#)
- [Cornwall Child Protection & Safeguarding](#)
- [Cornwall Early Help Hub](#)
- [CAMH's](#)
- [Anna Freud National Support](#)
- [Kooth Online Support](#)
- [Young Minds information booklet](#)
- [Harmful Sexual Behaviour Support](#)
- [Talking to your child about Sexual Harassment](#)
- [Self – Harm Support](#)
- [Coping with Self-Harm: A Parents Guide](#)
- [NHS Support for Self-Harm](#)
- [Young Minds Parental Support](#)
- [Young Minds Eating Disorder Support](#)
- [Bereavement Support](#)
- [Drugs and Alcohol misuse support](#)
- [YZUP Support](#)
- [Mental Health Support for Parents and Carers](#)

FACTSHEETS AND INFORMATION

- [Anxiety](#)
- [Bereavement](#)
- [Emotional Resilience Tool ESS in the community](#)
- [How to be Mentally Healthy at Work](#)
- [How to Overcome Fear and Anxiety](#)
- [How to look after your Mental Health](#)
- [Let's Get Physical](#)
- [Mindful Yoga](#)
- [Positive Steps to Well-Being](#)
- [Staff Tips](#)
- [U Can Cope](#)
- [Understanding Anxiety and Panic Attacks](#)
- [Loneliness and how to access support](#)
- [Self – Care](#)
- [How Listening to the Body's Clock Can Help Students Learn Faster & Be More Productive](#)

SELF- HELP RECORDINGS

- [Staying Mentally Well](#)
- [Bereavement Support](#)
- [Joe Wicks](#)

- [NHS 10 minute workout](#)
- [Yoga](#)
- [Mindfulness activities](#)
- [Sleep Tips](#)
- [Support with Panic Attacks](#)
- [Meditation App](#)
- [Breathing App](#)
- [Relaxing music App](#)
- [1 second every day](#)
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POOKY KNIGHTSMITH

- [Recognising and responding to faulty thinking patterns](#)
- [Managing angry outbursts using calm communication](#)
- [Learning from angry, aggressive or anxious meltdowns – 5 whys](#)
- [Helping Children Overcome School Refusal](#)
- [How to Listen so Young People Feel Supported](#)
- [Promoting Positive Body Image](#)
- [Eating Disorders: 10 Warning Signs](#)
- [7 Guidelines for Supporting A Loved One with an Eating Disorder](#)
- [7 Simple Ways to Calm Anxious Thoughts and Feelings](#)
- [Anxiety: 6 ways to make life more manageable](#)
- [4 ideas for supporting a child with anxiety](#)
- [What Not to Say if a Child is Self-harming](#)
- [Self-sooth boxes – what, why, how?](#)
- [Creating a healthier coping plan to help stop self-harming](#)
- [Self-harm – how to stop – recovery ideas that work](#)
- [4 strategies for Getting Through Panic Attacks](#)
- [Using Mindful Moments to Reduce Anxiety](#)

CAMH'S RESOURCES

- [The Anxious Child](#)
- [The Little Book of Mindfulness](#)
- [Top Tips for Feeling Good](#)
- [Issues with Self-Esteem](#)
- [The Good-Night Guide for Children](#)
- [Trauma and Young People](#)
- [Building Resilience in Children](#)
- [Self-Help in Cognitive Behaviour Therapy](#)
- [Looking after myself](#)
- [Anger Self-Help Guide](#)
- [Guide for Parents – Anxiety](#)
- [Positive Parenting](#)
- [CBT Booklet](#)
- [Managing Worries](#)
- [Enhancing Resilience](#)
- [Anxiety Self – Help Guide](#)
- [Keeping Your Cool](#)
- [Understanding what CBT is](#)

- [Helping Parents to Increase Emotional Intelligence](#)
- [Problem Solving](#)
- [A Recovery Programme for Depression](#)
- [Stories that Never Stand Still](#)
- [Emotional Regulation](#)
- [You Can Cope When Life Gets Difficult](#)
- [Helping Your Child with OCD](#)
- [Parents Guide to Depression](#)
- [Parents Guide to Eating Disorders](#)
- [Come Out and Say It](#)
- [Mindful Colouring](#)
- [Supporting Children when someone has a terminal illness](#)
- [Supporting Children when someone dies](#)
- [Do you worry about coming to school](#)
- [Emotionally Based School Avoidance](#)
- [Managing Social Media](#)
- [Helping Someone](#)