



ST JOHN'S COLLEGE  
Cardiff

# Mental Health & Wellbeing

## *Links & Websites*



Please find below a range of handpicked websites that may be helpful in supporting the mental health and wellbeing of both your child and your family.

We are busy building a library of resources covering many topics. If you require any assistance in gaining information in an area not covered in the links below or would like to talk about wellbeing matters please contact Mrs Holland via telephone or email [mholland@stjohnscollegecardiff.com](mailto:mholland@stjohnscollegecardiff.com).

We have selected several key topics and will continue to update the material that is shared.

- **Parental Advice**
- **Bullying**
- **Bereavement**
- **Anxiety**
- **Exam Stress**
- **Disordered Eating**
- **Transitions**
- **Self-care**



### Useful Apps and website links

CALM

CALMHARM

HEADSPACE

### Parental advice pages

#### *Parent Talk*

Parent Talk is down to earth parenting advice you can trust.

A site that is there for you when you need it. It may help you find the answers to parenting questions via helpful articles. Or talk to a parenting coach about anything that worries you. It's all free and no topic is too big or too small.

<https://parents.actionforchildren.org.uk>

## *CYPF*

Children and Young People Family Health Services have an excellent website including a range of videos which engage and educate. Affiliated to Cardiff and Vale University Health Board.

<https://cavyoungwellbeing.wales/young-people/>

## *Place2Be*

With over 25 years of experience supporting children with their mental health the Place2Be website has a huge amount of resources to help both children and parents.

<https://www.place2be.org.uk/>

A Parents Help Guide when seeking information regarding anxiety in children and teens.

<https://www.helpguide.org/articles/anxiety/anxiety-in-children-and-teens.htm>

## *Welcome to Meic*

Meic is the helpline service for children and young people up to the age of 25 in Wales. From finding out what's going on in your local area to help dealing with a tricky situation, Meic will listen even when no-one else will. We won't judge you +and will help by giving you information, useful advice and the support you need to make a change in your life.

<https://www.meiccymru.org/>

<https://youtu.be/uWZYMfYxXz8>

## *Nip it in the bud*

Nip in the Bud® works with mental health professionals of the highest standing to produce FREE short evidence-based films and fact sheets to help parents, educationalists and others working with children to recognise potential mental health conditions. The goal is to increase the prospects of early intervention and to avoid those conditions becoming more serious in later years.

<https://nipinthebud.org/>

## **Information about bullying**

### *Tell Me*

A practical platform for our pupils to share with key members of staff information regarding a student who they are worried about. You may notice a pupil isolated, receiving unkind behaviour or generally looking sad, The Tell Me App is a confidential anonymous service which helps you help others. Pupils can access Tell Me via a QR code in their diaries or a computer in the reception area.

### *Bullies Out*

Bullying behaviour affects over 1.5 million of the UK's children and young people every year and being bullied is something that no-one should have to go through. Anyone can be bullied and it's not always easy to recognise if it is happening to

you. The information here will help you understand more about bullying behaviours and what to do if affected by them.

<https://bulliesout.com/>

### *Ditch the Label*

The **Bullying Support Hub** provides lots of resources and tips for if you are affected by bullying.

<https://ditchthelabel.org/>

### *Brook*

Information from **Brook** on how online bullying can make you feel and how to overcome it.

<https://www.brook.org.uk/your-life/cyber-bullying/>

## **Bereavement**

### *Winston's Wish*

Winston's Wish provides emotional and practical bereavement support to children and young people up to the age of 25, their families and those who care for them. You can call or email our Freephone Helpline team for immediate advice, guidance and support from trained bereavement professionals. Our ongoing specialist support service is available for those who need it. <https://www.winstonswish.org/supporting-you/>

Links for our young people [Talk Grief - for teenagers](#)

Exploring our emotions around grief [Exploring our emotions](#)

### *Hope Again*

Hope Again is the youth website of **Cruse Bereavement Support**. It is a safe place where you can learn from other young people, how to cope with grief, and feel less alone. Here you will find information about our services, a listening ear from other young people and advice for any young person dealing with the loss of a loved one. <https://www.hopeagain.org.uk/#>

### *Child Bereavement UK*

Developed by Child Bereavement UK and bereaved young people, **this website** provides information, real life experiences about feelings experienced following the death of a loved one, and advice on where to access further support. They also have a helpline <https://www.childbereavementuk.org/about-our-helpline>

<https://www.childbereavementuk.org/young-peoples-experiences>

## **Anxiety**

### *Kooth*

Kooth is an online mental health support service for all young people aged 11-25 years.

<https://www.kooth.com/>

## *Childmind*

A collection of useful information and tools to help with anxiety.

<https://childmind.org/article/signs-of-anxiety-in-teenagers/>

## *Young Minds*

Anxiety is a feeling of fear or panic that many young people experience. Find out the symptoms of anxiety and what you can do if you're struggling.

<https://www.youngminds.org.uk/young-person/mental-health-conditions/anxiety/>

## *Mindwell*

Automatic Negative Thoughts (**ANTS**)

<https://www.mindwell-leeds.org.uk/wp-content/uploads/2021/03/Automatic-Negative-Thoughts-ANTS-and-unhelpful-thinking-styles-Accessible.pdf>

## **Exam Pressures**

<https://www.savesthestudent.org/extra-guides/top-tips-to-beat-the-exam-stress.html>

<https://www.nidirect.gov.uk/articles/revision-tips-preparing-exams>

<https://www.wjec.co.uk/articles/wellbeing-exercise-revision-you/>

Free revision timetable templates:

<https://www.dayjob.com/revision-timetable-771/>

<https://quizlet.com/en-gb>

Revision tips poster:

[https://docs.google.com/document/d/1PUgaLbQFagEwxzMSo02el18L9zceaol6nQN\\_Rvj9\\_vWs/edit?usp=sharing](https://docs.google.com/document/d/1PUgaLbQFagEwxzMSo02el18L9zceaol6nQN_Rvj9_vWs/edit?usp=sharing)

## **Disordered Eating**

### *Beat*

Beat is the leading charity recognised by both the NHS and CAMHS for their supportive website and helpline. It is packed with supportive information alongside an excellent bank of resources for all.

<https://www.beateatingdisorders.org.uk/>

<https://www.nhs.uk/mental-health/feelings-symptoms-behaviours/behaviours/eating-disorders/overview/>

## **Health and Self-care**

The NHS - Every Mind Matters have put together a range of short video clips and resources for a range of topics including sleep, social media and worry.

[Self-care tips videos for young people - Every Mind Matters - NHS](#)

Keeping Me Well - Cardiff and Vale University Health Board

<https://keepingmewell.com/childrens-support-services/>