

THE WELLBEING PADLET

SUPPORT FOR YOUNG PEOPLE & FAMILIES

PARENT/CARER RESOURCES PADLET



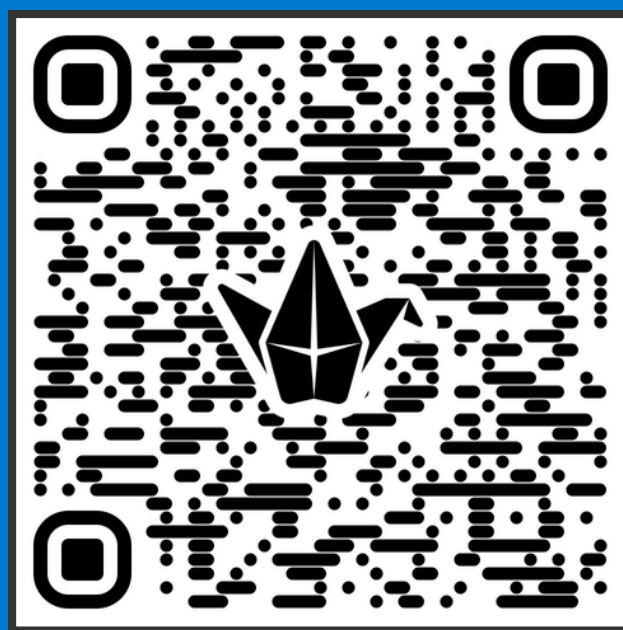
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For help, information and support on:

- Mental Health
- Diversity
- Loss & Bereavement
- Trauma
- School-based Anxiety
- Neurodiversity
- Sleep
- & more

CHILDREN AND YOUNG PEOPLE RESOURCES PADLET



[Click here for access](#)

Including:

- Help and advice lines
- Video Libraries
- Books and guides
- Local Youth Groups
- Podcasts
- Self-help Apps
- & more