

Following the Mental Health Support Team's parent workshop about **Children's Emotional Health & Wellbeing**, here are the following recommended resources.

Self-soothe box [Hampshire CAMHS - Make Your Own Self Soothe Box - YouTube](#)

**Suggested reading:**

Helping Your Child with Fears and Worries - Cathy Creswell

Starving the (anxiety, depression, stress, anger, or exam stress) Gremlin – Kate Collins-Donnelly

You're a Star / Don't Worry be Happy y/ Be Strong / Be Yourself / Be Brave / Sometimes I'm Anxious – Poppy O'Neill

The Incredible Years - Webster-Stratton (for behaviour that challenges)

Useful websites and support:

MHST Email address [CAMHSMHSTTrailblazer1@nottshc.nhs.uk](mailto:CAMHSMHSTTrailblazer1@nottshc.nhs.uk)

Young Minds [YoungMinds | Mental Health Charity For Children And Young People | YoungMinds](#)

**For Parents**

- <https://youngminds.org.uk/find-help/for-parents/>
- <https://teenmentalhealth.org/parents/>
- <https://www.papyrus-uk.org/>

**Mental Health Support for Adults**

- <https://www.nottinghamshirehealthcare.nhs.uk/nottingham-city-and-county>
- <https://www.trentpts.co.uk/self-referral>