

Information and local support networks in Sutton.

Helpful Wellbeing Websites:

The following websites have information and support for parents regarding children's mental health and wellbeing:

<https://www.mentalhealth.org.uk/publications/make-it-count-guide-for-parents-and-carers>

<https://www.place2be.org.uk/our-services/parents-and-carers/supporting-your-child-s-mental-health/>

<https://www.youngminds.org.uk/parent/>

[Anna Freud National Centre for Children and Families](#)

[Make it Count: Guide for parents and carers | Mental Health Foundation](#)

Wellbeing through art: <https://www.place2be.org.uk/our-services/parents-and-carers/wellbeing-resources-for-families/activities-from-the-art-room/>

https://www.bbc.co.uk/bitesize/articles/zy3yf82?utm_source=google&utm_medium=cpc&utm_campaign=mental-health

Sutton Mental Health support

<https://www.suttonlscp.org.uk/lscp-mental-health.php>

CAMHS services

<https://www.swlstg.nhs.uk/our-services/find-a-service/service/sutton-camhs-spc>

Jigsaw

Jigsaw4u is funded to provide loss and bereavement support, parenting support and work with young people who go missing.

MIND

https://www.mind.org.uk/information-support/for-children-and-young-people/understanding-mental-health/?gclid=EAlaIQobChMI5dKj54rq-gIVvWDMCh2wsA-REAMYASAAEgKETvD_BwE

Sutton's plan for mental Health and wellbeing: Suttons Health and care plan:

https://swlondonccg.nhs.uk/wp-content/uploads/2021/07/Sutton-Health-and-Care-Plan_v2.2_102019.docx.pdf

Mental Health services and schools and colleges link programme:

<https://www.england.nhs.uk/mental-health/cyp/trailblazers/link-programme/>

Further information can be found on our Wellbeing Boards in school.