

Websites to recommend to parents:

For exam stress:

<http://www.nhs.uk/Livewell/Yourchildatschool/Pages/Yourchildatschoolhome.aspx>

Talking about mental health:

<http://www.time-to-change.org.uk/>

<http://smilingmind.com.au/>

<http://www.youngminds.org.uk>

<http://right-here-brightonandhove.org.uk/>

<http://www.heysigmund.com/>

<http://www.inourhands.com/> self harm information

www.selfharm.co.uk

New short film! Self-Harm & Young People: A Guide for Parents & Carers:

<https://www.youtube.com/watch?v=T-7hms54sF8>

A guide to support services for young people in Brighton and Hove

<http://www.wheretogofor.co.uk/>

Get information before making a doctors appointment:

<http://www.docready.org>

New App: #Stay Alive.....A suicide prevention pocket resource for the UK.....

Here is a link to an article about an app that was created by 15 year olds in Sussex.

<http://www.theguardian.com/technology/2015/oct/24/memory-star-happy-app-not-for-sharing>

The idea is that rather than be on social media where people like and comment on your pictures, an often negative experience, you create your own memory star where you put in pictures etc., that make you happy.

<http://www.actionforhappiness.org/>

<http://www.moodjuice.scot.nhs.uk/>

<http://mindfulnessforstudents.co.uk/resources/mindfulness-audio-guided-practices>