

Help and Support Links

Body image and health

[Thinspirational by Aric Sigman](#)

[An article on the importance of sleep in the Guardian](#)

[BBC parenting website](#)

www.bps.org.uk

www.selfharm.co.uk

www.b-eat.co.uk

www.youthhealthtalk.org

Coping with studies and exams

[The best ways to help you child at King's](#)

[The best response to failures](#)

www.taolearn.com Highlighting the links between positive mindsets and attainment

<http://www.mindsetworks.com/> How to grow your brain

[How to cope with exam stress](#)

www.nhs.uk

www.childline.orh.uk

www.youngminds.org.uk

www.bbc.co.uk

www.mind.org.uk

www.nhs.uk

www.guardian.co.uk - podcast

[Anxiety 101](#)

[Learning to recognise when I am anxious](#)

[Angela Lee Duckworth: The key to success? Grit](#)

[Be mindful](#)

[Mindset - The science](#)

www.anxietyuk.org.uk

Nutrition

[Top tips & recipe ideas to reduce your sugar intake \(jamieoliver.com 20.08.15\)](#)

Online lifestyles

[Dr Richard Graham lecture](#)

[Dr Richard Graham Vodafone note](#)

[BBC One, Panorama - addicted to games?](#)

[BBC News - South Korean clinic treats web addicts](#)

Old.kidsmart.org.uk

www.childnet.com

www.carrick-davies.com

Social concerns

[Social confidence visualisation](#)

Helpful websites for families

<http://www.taolearn.com/tips.php#13> Useful parenting tips for the year ahead at school

<http://www.familylives.org.uk/how-we-can-help/parentchannel-tv>

www.kidscape.org.uk

www.gosh.nhs.uk Great Ormond Street Hospital

www.nhs.uk/Livewell/mentalhealth

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

www.stem4.org.uk A charity established to promote teenage mental health

www.rcpsych.ac.uk This link contains a number of excellent online leaflets about key pastoral problems for young people and strategies to cope with them.

www.mind.org.uk

www.bbc.co.uk/health This link offers plenty of advice on a wide range of teenage issues.

mentalhealth.org.uk/health This link explains the benefits of physical exercise.

[YouTube](#) The importance of children's mental health

blog.ted.com The neuroscience of sleep: Russell Foster at TED Global 2013

mindfulnessinschools.org Mindfulness in schools project
blog.ted.com Sarah-Jayne Blakemore: The mysterious workings of the adolescent brain
www.cwmt.org.uk Provides excellent advice on all aspects of teenage mental health
www.studentsagainstd Depression.org
www.counselling-directory.org.uk
<https://www.migvapor.com/ecig-news/vaping-and-parenting/> A guide for parents on e-cigarettes

Cyber Issues

[McAfee parent guide to social networking sites](#)
[Factsheet for parents and carers](#)
[Further information & online resources](#)
[Information and advice on social networking for parents and carers](#)
[Facebook privacy basics](#)
[Childnet international homepage](#)
[UK safer internet centre for parents and carers](#)