

As part of **Mental Health Awareness Month this May**, students will be taking part in a range of activities in school to support their wellbeing. These activities are designed to promote positive mental health, encourage open conversations, and help students develop simple strategies to manage stress and look after themselves.

Below, you will find some useful links and resources that you may find helpful in supporting your child's wellbeing at home.

Video/Film Links

[What is Mental Health?](#)

[Norwich FC - Check in on those around you](#)

[I had the black dog](#)

[Change Your Mind, Change Your Life](#)

Support

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

<https://www.happymaps.co.uk/>

<https://www.kooth.com/>

<https://www.childline.org.uk/>

<https://learning.nspcc.org.uk/child-health-development/child-mental-health>