

# Mental Wellbeing – Useful Links

[ACTION FOR HAPPINESS – Coping Calendar](#)

[ANN FREUD Self Care Booklet from a Young Persons point of view](#)

[Anxiety advice for parents and carers](#)

[Anxiety Moodjuice Self-Help Guide](#)

[ANXIETY UK - Anxiety guidance for parents](#)

[CAMHS - Mental Health Tips and Coping Strategies](#)

[How to...Look after your mental health](#)

[How to...sleep better](#)

[Mind understanding anxiety](#)

[Sleep information sheet](#)

[TED - Playlists - Talks by kids and teens](#)

[The Self-Care Project](#)

[The Stress Bucket](#)

[YOUNG MINDS - Depression](#)

[YOUNG MINDS - Looking after your mental health while self-isolating](#)