

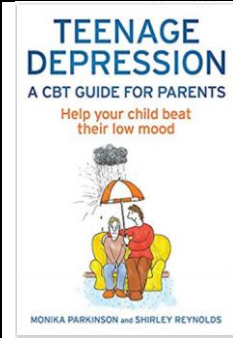
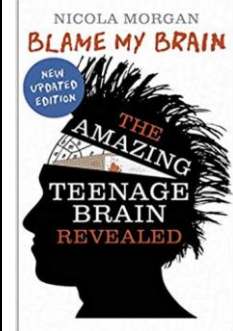
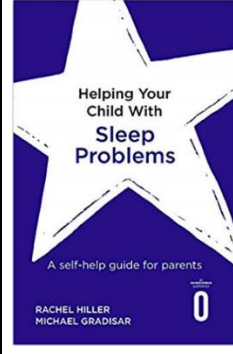

Parent Resources – General Wellbeing

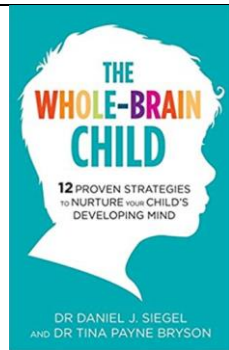
Useful Websites

www.youngminds.org.uk/

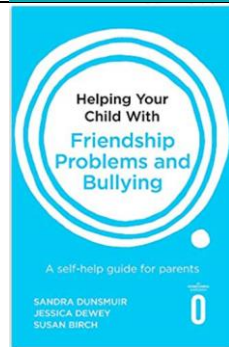
www.rcpsych.ac.uk/mental-health/parents-and-young-people

Useful Books for parents to read

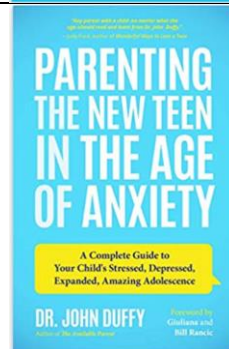
	<p>Teenage Depression: A CBT Guide For Parents By Dr Reynolds and Dr Parker</p>
	<p>Blame My Brain By Nicola Morgan</p>
	<p>Helping Your Child with Sleep Problems: A self-help guide for parents By Rachel Miller and Michael Gradisar</p>
	<p>Helping Your Child with Fears and Worries 2nd Edition: A self-help guide for parents. By Cathy Creswell and Lucy Willetts</p> <p>First Edition: Overcoming Your Child's Fears and Worries: A Self-help Guide Using Cognitive Behavioural Techniques</p>



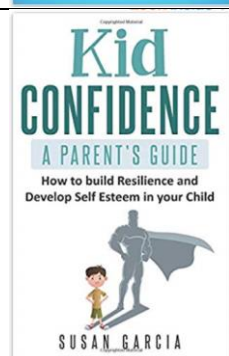
The Whole-Brain Child: 12 Proven Strategies to Nurture Your Child's Developing Mind
By Daniel Siegel and Dr Bryson



Helping Your Child with Friendship Problems and Bullying: A self-help guide for parents
By Sandra Dunsmuir, Jessica Dewey and Susan Birch



Parenting the New Teen in the Age of Anxiety: A Complete Guide to Your Child's Stressed, Depressed, Expanded, Amazing Adolescence
By Dr John Duffy



Kid Confidence - A Parent's Guide: How to Build Resilience and Develop Self-Esteem in Your Child
By Susan Garcia