

Useful links for families – Health and Wellbeing

Notice from Healthwatch Camden about emergency services for children

<https://abbeycc-kilburn.org.uk/wp-content/uploads/2020/03/Healthwatch-Camden-find-very-low-levels-of-awareness-about-changes-to-A+E-services.pdf>

Parenting and relationship support at Tavistock Centre

<https://www.tavistockrelationships.org/free-services>

Young Women's Trust supports young women aged 18-30 with free telephone coaching, helping them build strong mental health, set goals and stay motivated. You can find out more

here: <https://www.youngwomenstrust.org/work-it-out-sign-up>

Happy children, Happy parents

https://ihv.org.uk/wp-content/uploads/2015/10/32-PT_Happy-Children_V4.pdf

Emotional Health and Wellbeing -Mothers

https://ihv.org.uk/wp-content/uploads/2016/10/PT_Emotional_Welbeing_Mothers_V3_4.pdf

Emotional Health and Wellbeing -Fathers

https://ihv.org.uk/wp-content/uploads/2016/10/PT_Emotional-Welbeing-Fathers_V3_4.pdf

How can new fathers get involved?

https://ihv.org.uk/wp-content/uploads/2015/05/24-PT_Fathers_V4.-JB3pdf.pdf

NSPCC - Talking to a child worried about coronavirus (COVID 19)

<https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/depression-anxiety-mental-health/>

Mind - Coronavirus and your wellbeing

<https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/>

Refuge - Domestic violence

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

Women's Aid - Domestic violence and mental health

<https://www.womensaid.org.uk/the-survivors-handbook/domestic-abuse-and-your-mental-health/>

Get coronavirus support as an extremely vulnerable person

<https://www.gov.uk/coronavirus-extremely-vulnerable>

Ofsted guidance - Closure of educational settings: Information for parents and carers

<https://www.gov.uk/government/publications/closure-of-educational-settings-information-for-parents-and-carers/closure-of-educational-settings-information-for-parents-and-carers>

Looking after your teeth

https://ihv.org.uk/wp-content/uploads/2015/11/PT_Childrens-Teeth_V6-WEB.pdf