



## St Margaret's School

### Wellbeing Links

Please see links below for further information.

#### Childline

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

#### Supporting a Child's Wellbeing

[https://www.childrenssociety.org.uk/sites/default/files/tcs/parents\\_guide\\_online\\_final.pdf](https://www.childrenssociety.org.uk/sites/default/files/tcs/parents_guide_online_final.pdf)

#### Supporting Children's Mental Health

<https://www.actionforchildren.org.uk/support-for-parents/children-s-mental-health>

<https://youngminds.org.uk>

#### Early Years' Wellbeing

<https://www.eyalliance.org.uk/happy-children-%E2%80%94-taking-care-young-peoples-wellbeing>

#### Exam Stress

<https://www.nhs.uk/conditions/stress-anxiety-depression/coping-with-exam-stress>

<https://parentline.com.au/older-kids/issues/helping-kids-cope-exam-stress>

#### Online Safety

<https://www.nspcc.org.uk/keeping-children-safe/online-safety>

#### The following websites offer useful advice on discussing Mental Health and Wellbeing with children

<https://youngminds.org.uk/starting-a-conversation-with-your-child/20-activities-for-20-minutes>

#### Talking to Primary Children about feelings

<https://www.nhs.uk/conditions/stress-anxiety-depression/talking-to-children-about-feelings>

#### Talking to Senior Children about feelings

<https://www.nhs.uk/conditions/stress-anxiety-depression/talking-to-your-teenager>

#### Charity supporting parents including a confidential helpline offering support and advice

<https://www.familylives.org.uk/how-we-can-help/confidential-helpline>

18 Kidderpore Gardens  
Hampstead, London NW3 7SR  
Telephone: 020 7435 2439  
Fax: 020 7431 1308  
Email: [enquiry@st-margarets.co.uk](mailto:enquiry@st-margarets.co.uk)  
[www.st-margarets.co.uk](http://www.st-margarets.co.uk)

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