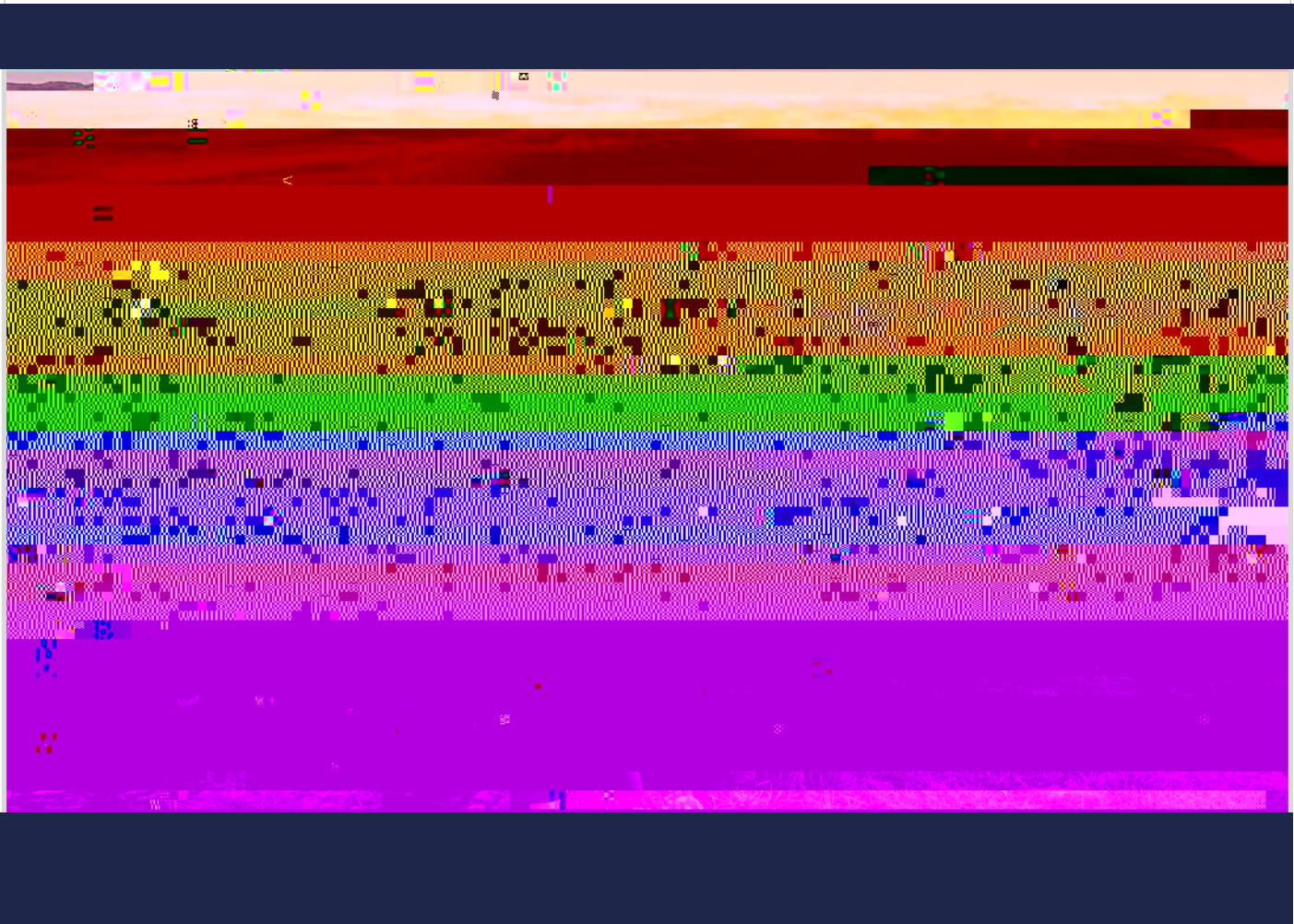


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In the wake of _____, we would like to yet again shine a spotlight on the importance of mental wellbeing for children and parents alike. Discover all our [valuable resources](#) on the topic to support a positive mindset and foster resilience.

We've handpicked [fantastic books](#) on various aspects of mental health to help you find exactly what you need. We've also compiled a comprehensive [list](#) of mental health and wellbeing services, helplines, and charities that you might find relevant.

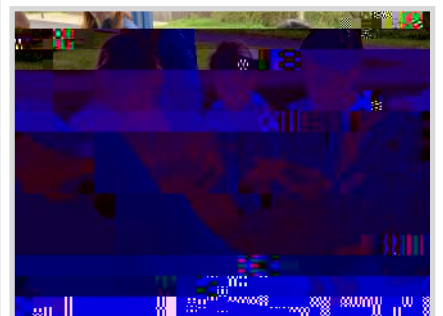
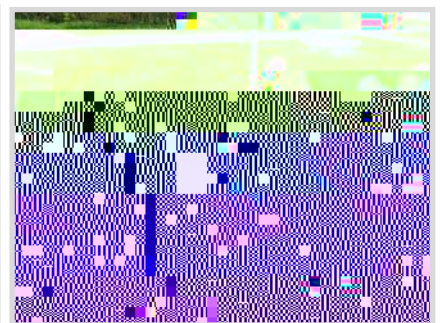
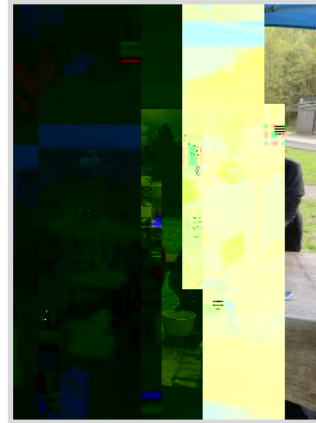
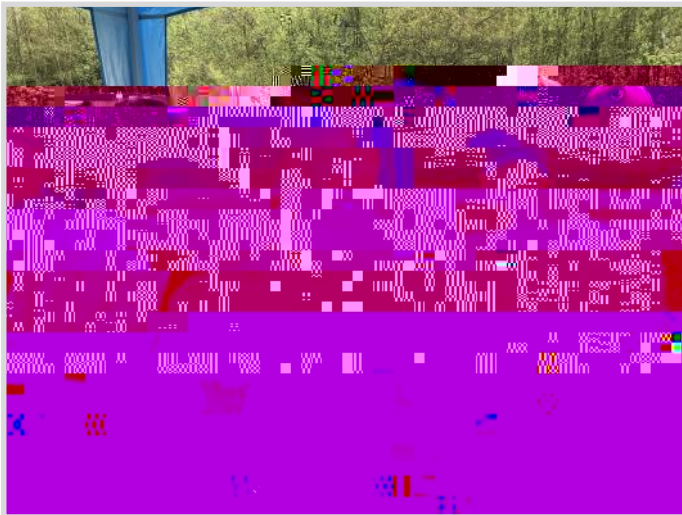
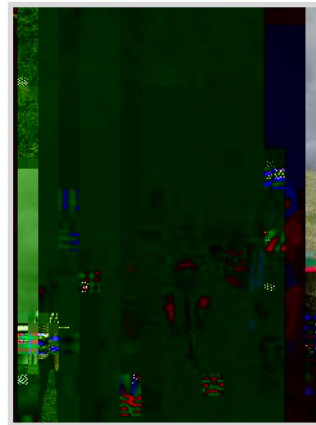
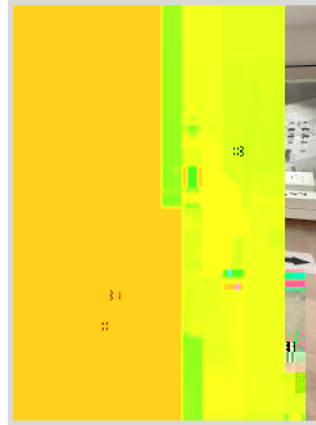
This year's theme of the Mental Health Awareness Week is _____ and we have a [wealth of resources](#) to address the topic. Our [quick guide](#) is derived from current research, provides practical advice on helping children navigate anxiety and enables you to find just the resources you might be looking for.

Help younger children manage any anxieties by identifying worries, exploring support systems, and developing problem-solving strategies. Our [Junior Wobble Worksheet](#) provides a structured approach to steadying those wobbles and empowering children to navigate their fears with confidence.

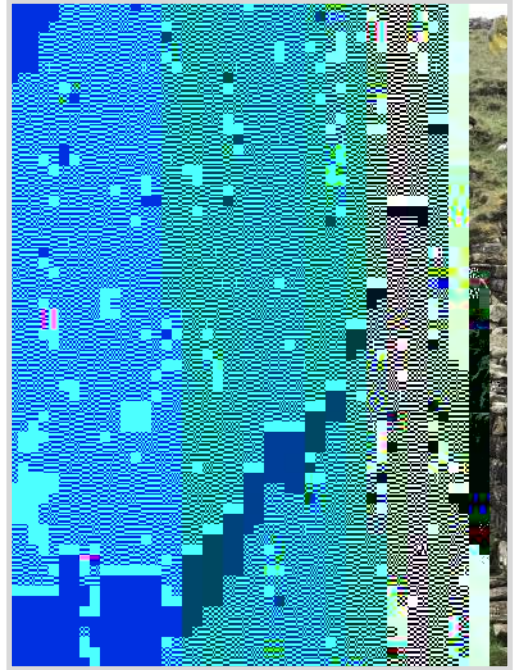
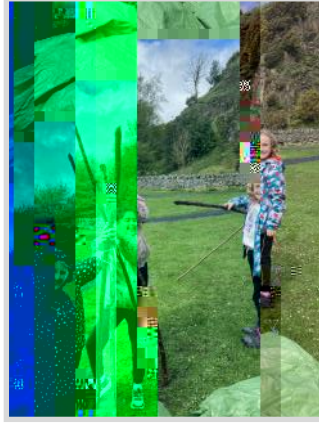
As parents, it's vital to manage our worries and stress levels, especially during this critical period in our children's lives. Remember, parental mental health strongly influences children's wellbeing. Explore our list of potential worry points and evaluate how they affect your stress levels. This reflective [exercise](#) will help you identify areas where self-care is crucial.

Our [Family Anxiety Manifesto](#) offers inspiration for cultivating resilience and adopting a constructive, positive approach to support a

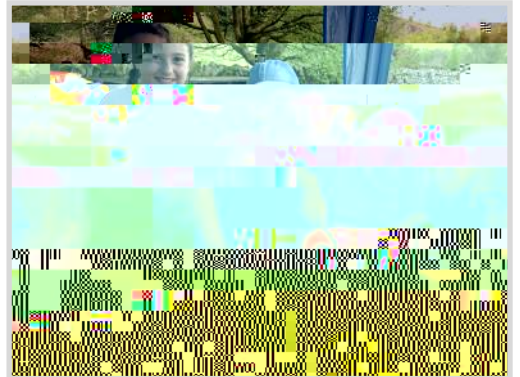
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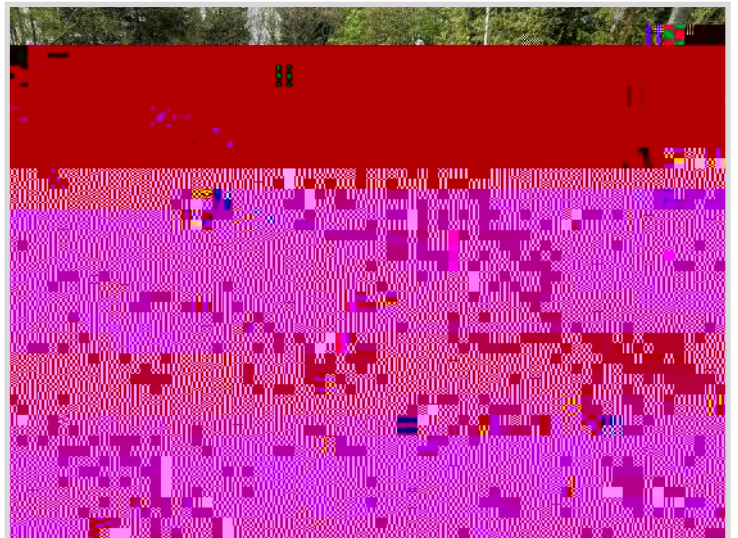
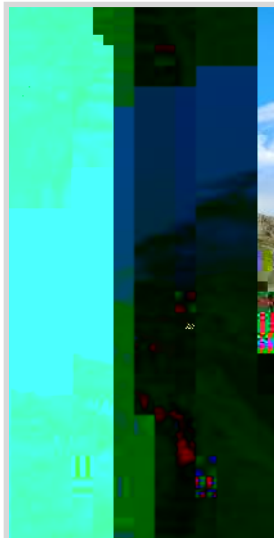
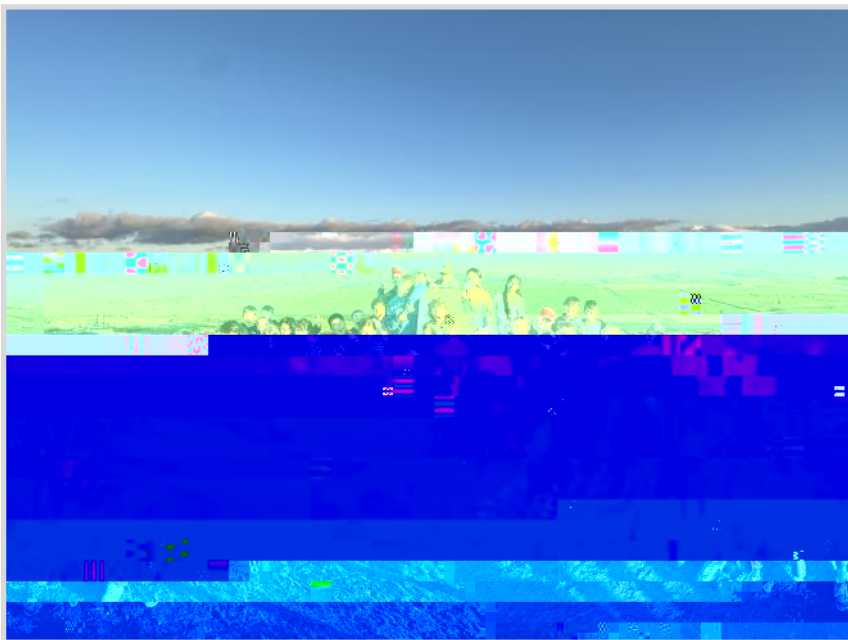
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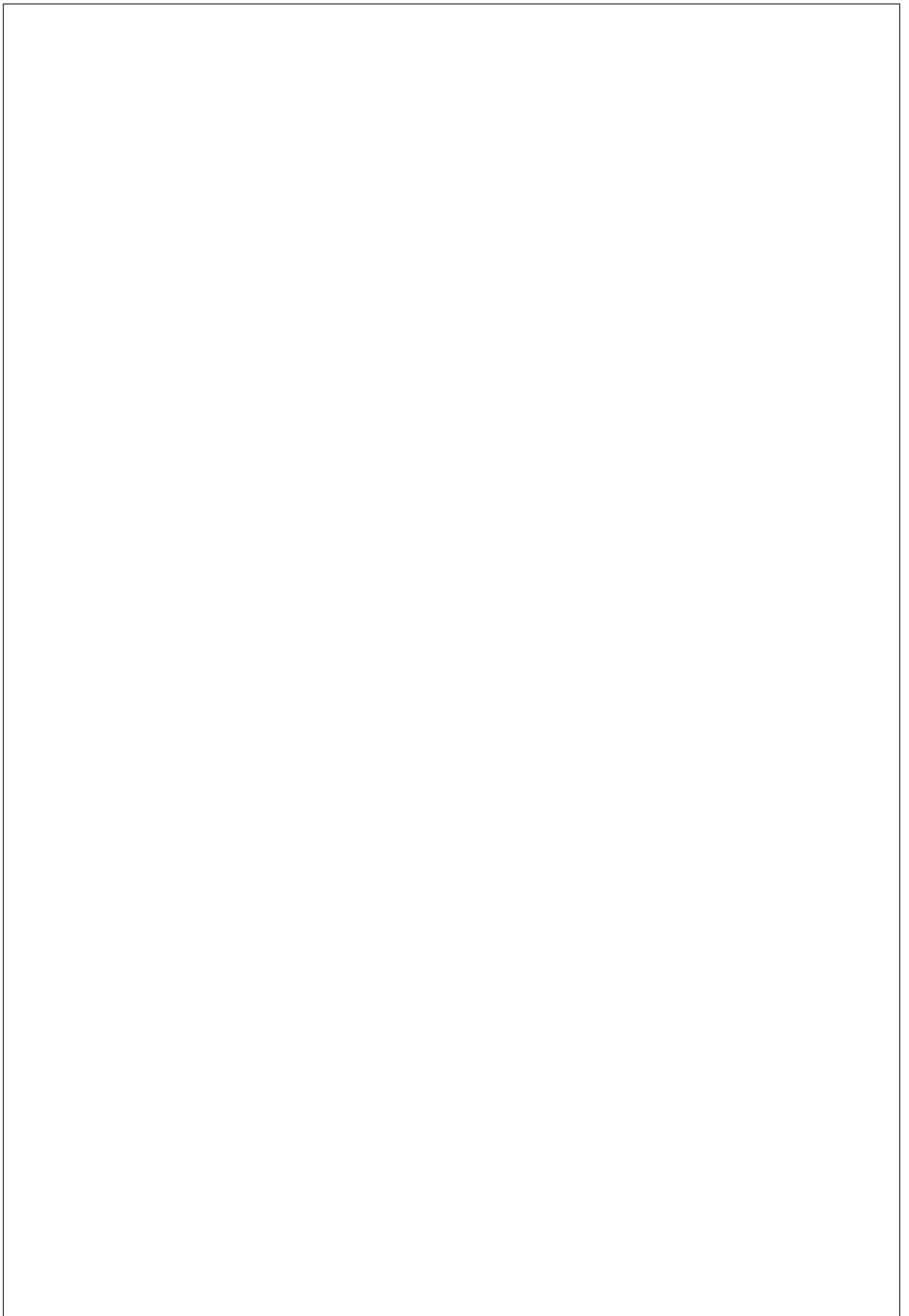


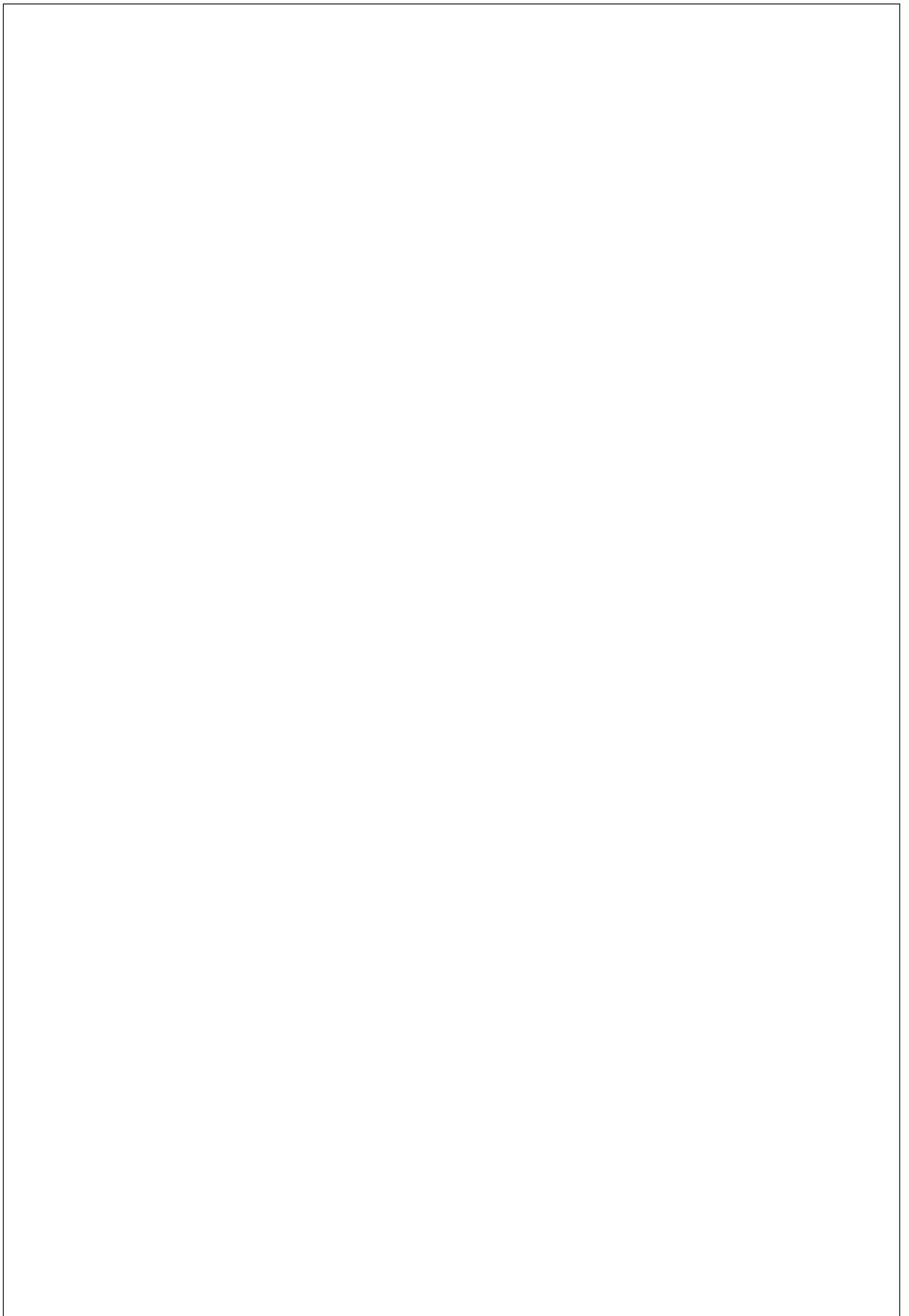
Emily B.

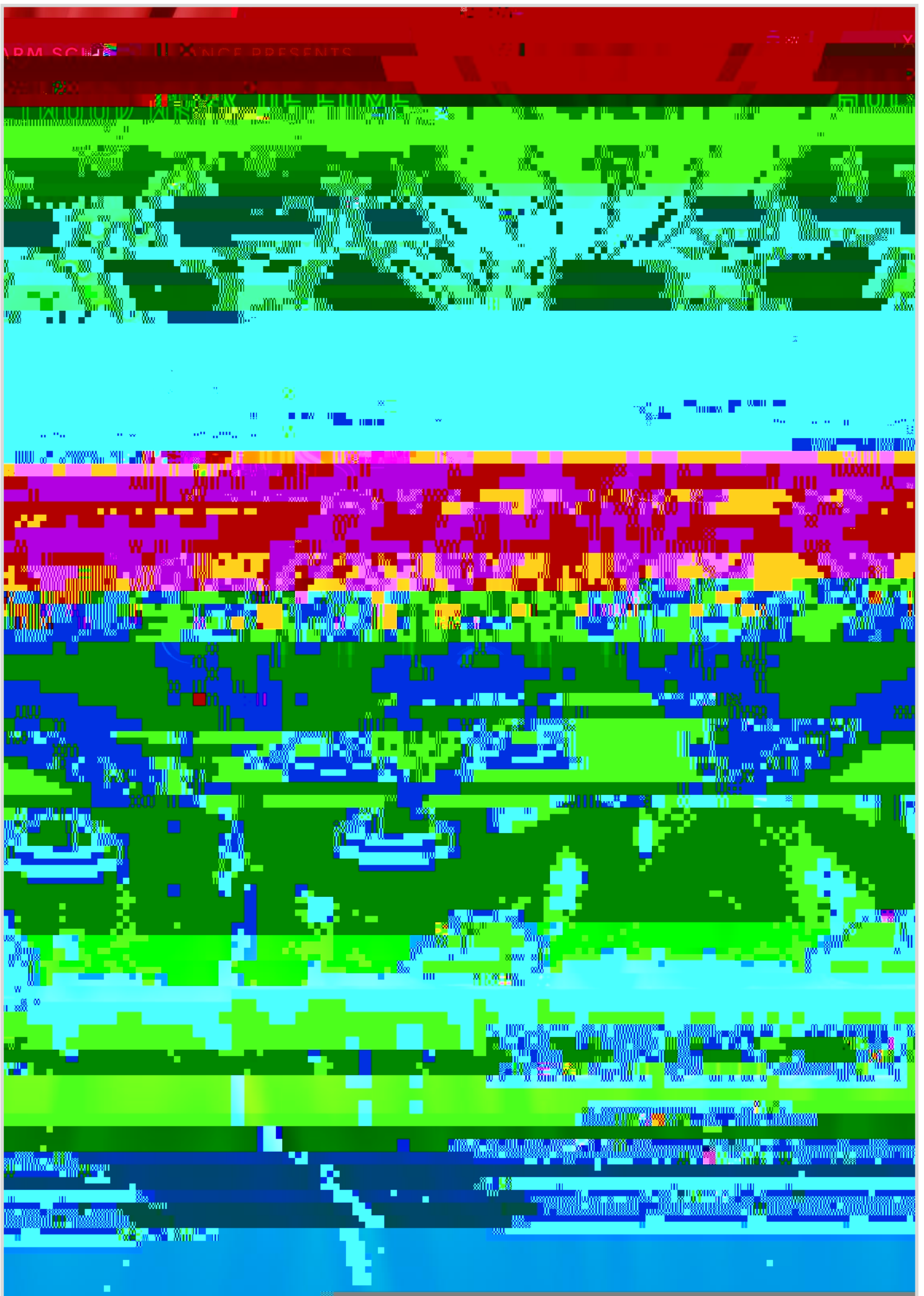


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Looking After Your...

WELLBEING ONLINE

We all know that taking care of our minds and bodies is essential to keep us feeling agnny and healthy. The thing is, we spend so much of our time online these days that it's also important that we remember to look after ourselves in the digital world, too. Our poster has got some simple but useful tips for staying safe and healthy while you're gaming, on social media or just using the internet.

