



*Health & Well being of your child
during these strange and
unknown times*

The last 13 weeks have been something none of us have ever experienced and for all of us there will have been a big impact on how we live. For your child/children this will have been an emotional time and they will have passed through several negative and positive emotions. This leaflet contains some suggestions of websites that you may find useful to support your child/children's mental health and wellbeing (and your own) over the following weeks before we return to school in August.

- <https://www.mind.org.uk/>
- <https://www.mindful.org/>
- <https://www.barnardos.org.uk/>
- <https://www.headstogether.org.uk/>
- <https://www.actionforhappiness.org/>
- <https://education.gov.scot/improvement/scotland-learns/a-weekly-newsletter-for-parents-and-carers/>

