**Website links for parents/carers of primary school children to use when talking about mental health.**

[Advice for parents and carers: talking mental health with children at primary school | Anna Freud](https://www.annafreud.org/resources/schools-and-colleges/advice-for-parents-and-carers-talking-mental-health-with-children-at-primary-school/)

[For children and young people | Anna Freud](https://www.annafreud.org/resources/children-and-young-peoples-wellbeing/)

[For families | Anna Freud](https://www.annafreud.org/resources/family-wellbeing/)

[Finding the right support for you and your family | Anna Freud](https://www.annafreud.org/services/services-for-families/finding-the-right-support-for-you-and-your-family/)

[Children's mental health - Every Mind Matters - NHS (www.nhs.uk)](https://www.nhs.uk/every-mind-matters/supporting-others/childrens-mental-health/)

[YoungMinds | Mental Health Charity For Children And Young People | YoungMinds](https://www.youngminds.org.uk/)

[Child mental health: recognising and responding to issues | NSPCC Learning](https://learning.nspcc.org.uk/child-health-development/child-mental-health)

[How to support a child with depression or anxiety | NSPCC](https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/depression-anxiety-mental-health/)