Mental Health & Wellbeing for our families and children

At Cantref, we recognise the importance of mental health and wellbeing of our pupils and that it is central to pupils being able to achieve happy and fulfilling lives. However, we also believe that we can support the mental health and wellbeing of our families too and help you to access any support that you feel may support you. The following list of websites and organisations is not exhaustive and if there isn't one that matches your need we will try to find a source of help for you or alternatively you could contact your GP or Citizens Advice.

We hope you find this information helpful and informative and please do not hesitate to contact us if we can support you in any way.

**Disclaimer*
The views and opinions included within these external organisations do not necessarily mirror the views or opinions of the school. It is not the responsibility of the school to advise, monitor or be liable for the content of these external organisations. Use of any information obtained from such organisations is voluntary, and reliance on it should only be undertaken after an independent review of its accuracy, completeness and suitability for the intended audience.

Signposting for Families

5 Steps to Mental Wellbeing	5 steps to improve your mental health and wellbeing. Trying these things could help you feel more positive and able to get the most out of life
HOME | CAMHS Resources (camhs-resources.co.uk)	For young people, carers and professionals. lots of helpful resources from across the internet that are available to help support your mental health and well-being
Parenting and Family Support - Family Lives (Parentline Plus)	Parenting and family support. This website has very practical guidance in a wealth of areas from school routines to self-harm
Wellbeing advice for parents to support their child - BBC Parents' Toolkit - BBC Bitesize	Health and wellbeing advice for parents to support their child - from food and sleep, to anxiety and the online world
Parent Info | From NCA-CEOP and The Parent Zone	Providing expert advice regarding internet and digital activity, gaming and online safety
Home - Awtistiaeth Cymru | Autism Wales | National Autism Team	Improving the lives of autistic people living in Wales

Get support - Cruse Bereavement Support	National charity which offers support, advice and information to children, young people and adults when someone dies
mind Home | Mind, the mental health charity - help for mental health problems	Mental Health information and support for adults, children and teenagers. Find local services.
The Sleep Charity	Education support and advice on good sleep routines for children, teenagers and adults.
ACTivate Your Life - Public Health Wales (nhs.wales)	Public Health Wales free online course for anyone over the of 16 designed to help improve mental health and wellbeing.
Melo Cymru	Aneurin Bevan University Health Board website with partners to look after the mental wellbeing of people living and working in these areas; Torfaen, Newport, Monmouthshire, Caerphilly, Blaenau Gwent

Signposting for Pupils

Meic	Meic is the helpline service for children and young people up to the age of 25 in Wales. From finding out what's going on in your local area to help dealing with a tricky situation, Meic will listen even when no-one else will
Childline | Childline	Advice, helpline, resources and support for children
Winston's Wish - giving hope to grieving children (winstonswish.org)	Provides support to children and young people after bereavement of a parent or sibling
YoungMinds | Mental Health Charity For Children And Young People | YoungMinds	A charity supporting children, parents and those working with children and young people

Local Support

Dewis Wales	Find local and national organisations and services that can provide information or advice about your well-being; or want to know how you can help somebody else.

	Including information about people and services in your local area
Monmouthshire Therapeutic Services	Information on how to access services available to children, young people and their families in Monmouthshire.
Monmouthshire Family Information Service	This is a directory website with over 500 links to support families in Monmouthshire. Everything from family support services to children and young people's activities
Families First Programme - Monmouthshire	'Families First Programme' can provide your family with help, advice and support to prevent any issues or problems you may have from getting worse
Free School Meals - Monmouthshire	Apply for free school meals for Monmouthshire County Council
The Building Bridges Project, Monmouthshire: HOME	Activities and work-related experiences for young people in Monmouthshire