

MENTAL HEALTH AND WELLBEING

The Anna Freud Centre have a wealth of knowledge and expertise to support children's mental health. They have produced a series of expert podcasts to help parents understand and manage child and family mental health problems.

The series, *Child in Mind*, is presented by BBC Radio 4 presenter Claudia Hammond. In each 20-minute episode, she discusses an important issue in child and family mental health with an expert and a young person or parent.

Podcasts include:

- What do we know about childhood anxiety and what can parents do about it?
- What is ADHD and what help is available for children with ADHD?
- What is therapy and does it work?
- Who do some people self-harm?
- What is trauma and how does it affect the brain?
- What are eating disorders?
- Is medication for mental health problems safe?
- Bonding with your baby
- The Adolescent Brain
- The impact of sexual material online

<https://www.annafreud.org/parents-and-carers/child-in-mind/>

Working together to keep our children safe and happy

Halina Rooney

Deputy Head of Inclusion/SENCo