Links to Well Being resources

Body Image

Mentally Healthy Schools - Body image : Mentally Healthy Schools

Be Real Campaign - Resources - The Be Real Campaign

Bullying

Bullying and cyberbullying - Mental wellbeing | Overview | PHE School Zone

Emotional Health

School Health - support with emotional health on whole school or individual referral – School Health (Kent) | Kent Community Health NHS Foundation Trust (kentcht.nhs.uk)

Anna Freud Resources - Resources (annafreud.org)

Place2Be Mental health resources for schools - Mental health resources for schools | Place2Be

Public Health England Resources - Mental wellbeing | Overview | PHE School Zone

Healthy Lifestyle

Food a Fact for Life - About Food - a fact of life - Food A Fact Of Life

Being Active - Being active | Overview | PHE School Zone

Healthy Eating - Healthy eating | Overview | PHE School Zone

Sleep - Mental wellbeing | Overview | PHE School Zone

Physical Development

Puberty resources - Growing and changing (pshe-association.org.uk)

Transition

Transition to secondary school - Transition to secondary school | PHE School Zone

Young Carers

Support for Children and Young People - Kent Young Carers (imago.community)

Support for Children and Young People - Young Carers - How We Can Help — Crossroads Care Kent (crossroadskent.org)