



demelza

extraordinary care for extraordinary children



Mental Health and Wellbeing

Friday 15 December 2023

familysupportdepartment@demelza.org.uk

Support

- **Support for young people, aged 8 to 21, and their parents.**
www.stopbreathethink.org.uk/parent/
- **Happy Place** - All aspects of wellbeing
www.happyplaceofficial.co.uk/
- **NHS Better Health** – Wellbeing advice, health quiz with personalised advice and simple tips for living healthier.
www.nhs.uk/better-health/

Apps

- **Free app for sleep, anxiety and stress**
insighttimer.com/en-gb
- **Calm app** - Free trial period, monthly cost thereafter.
www.calmhealth.com/
- **Headspace app** - Free trial period, monthly cost thereafter.
www.headspace.com/
- **Smiling Mind mindfulness app** - For kids as well as adults.
www.smilingmind.com.au/smiling-mind-app

Podcasts

- **Happy Place Podcast**
www.happyplaceofficial.co.uk/podcast/
- **The Happy Pear Podcast** - Plant-based cooking and lifestyle company that provides recipes and wellness tips for all aspects of a healthy life.
thehappypear.ie/podcast/

Inspiration

- **Brene Brown – The most eye-opening 14 minutes of your life**
youtu.be/hWTRYnNwI6A
- **Take That – This life**
youtu.be/D-71HOfMYIY