

Parents worried about mental health

New findings from Parentkind's #ParentVoiceReport2021 show that many parents are concerned about a range of mental health issues their children experience in schools, including exam stress, bullying and anxiety.

Find out more here: <https://bit.ly/3DN8zWM>

Action for children

Advice and activities to support children and parents with their mental health and emotional wellbeing.

<https://parents.actionforchildren.org.uk/>

The Waiting Room - Health and Wellbeing services at your finger tips – Birmingham & Solihull TWR provides an alternative approach to taking control of our own health and well-being. It is a virtual bridge across “The Information Chasm” that connects support services to the recipient almost inthe-waitingroom.org

<https://the-waitingroom.org/>

Route 2 Wellbeing Birmingham

Welcome to route2wellbeing Birmingham – the definitive guide to local voluntary and community health and care services in Birmingham. Route2wellbeing makes it easy to find local services and activities that promote good health and wellbeing.

<https://r2wbirmingham.info/home>