

# CHILDREN & YOUNG PEOPLE'S MENTAL HEALTH AND WELLBEING INFORMATION POINT

Use the link, or QR code, to find:

- Tips for looking after mental health and wellbeing
- Age-specific information and resources (*under 12 years and 12 years+*)
- Support for those supporting young people (*parents, carers, professionals*)
- What to do in a crisis
- Recommended apps, websites, and agencies
- Podcasts from the Mental Health Youth Workers
- Games, videos, activities, audio-guides
- Learning opportunities for teens, parents, carers, and professionals
- How to access support and interventions

Scan the code using  
a smart phone camera:

