

Supporting children's mental health

Resources to support children's mental health

1. [MindEd](#) is suitable for all adults working with, or caring for, infants, children or teenagers; all the information provided is quality assured by experts, useful, and easy to understand. Their aim is to give adults who care for, or work with, young people:

- the knowledge to support their wellbeing
- the understanding to identify a child at risk of a mental health condition
- the confidence to act on their concern and, if needed, signpost to services that can help

2. [Understanding Childhood Ltd](#) is an independent not-for-profit enterprise set up in 2004 to disseminate the leaflets on child emotional development and behaviour first produced by senior child and adolescent psychotherapists for the Child Psychotherapy Trust (CPT).

The goodwill and copyright was previously owned by the Child Psychotherapy Trust, established in 1987 and closed down by agreement of the trustees in 2004. We have arranged for this well-respected leaflet series, known as Understanding Childhood and other CPT publications to be downloaded free via this web site. The leaflets are also for sale.

Remit: [Early Years](#)

Support Services: [Curricular](#)

Last updated: Wednesday, 24 October, 2018

[childcarehttps://thehub.walthamforest.gov.uk/tags/early-years](https://thehub.walthamforest.gov.uk/tags/early-years)



Icon:

Description: MindEd has e-learning applicable across the health, social care, education, criminal justice and community settings. It is aimed at anyone from beginner through to specialist.

Was this page useful?: Was this page useful?

Source URL: <https://thehub.walthamforest.gov.uk/policy/early-years/teaching-learning/unique-child/minded>