



About the Healthier Minds Website...

What is it?

Healthier Minds is East Renfrewshire's guide to promoting the mental wellbeing of our children and young people. The website includes many sections covering topics such as Coronavirus and Wellbeing and Managing Stress and Anxiety.

Who is it for?


The website provides information on different areas of mental wellbeing for practitioners, parents and young people.

How do I use it?

[Click here](#) to watch our video on navigating the webpage.

A glance at the website...

At the top of the webpage you'll find different sections. By hovering over a heading you'll find subheadings to help you find specific topics. [Click here](#) to be taken to the Home page.

HOME WEBSITE GUIDE OUR VISION AND AIMS MENTAL WELLBEING ADDITIONAL SUPPORT NEEDS
BEREAVEMENT, LOSS AND GRIEF MANAGING STRESS AND ANXIETY TALKING ABOUT EVENTS IN UKRAINE
CORONAVIRUS AND WELLBEING SUPPORT FOR SELF HARM, DISTRESS & SUICIDAL THOUGHTS
SUPPORT FOR EATING DISORDERS TRANSITION AND RECOVERY ONLINE SESSIONS FOR PARENTS & CARERS
EMOTIONALLY BASED SCHOOL ABSENTEEISM HOW TO GET SUPP Coping with Covid-19 

Supporting Young People through Exams

Supporting Young People through Exams...



Under 'Online Sessions For Parents And Carers' you'll find information on Supporting Young People through Exams from Spring 2022. This provides information on the experiences of young people sitting exams during the pandemic. [Click here](#) to go directly to the recording of this session which can be shared with parents.

Supporting Children with Anxiety...



Under 'Online Sessions For Parents And Carers' you'll find information on Supporting Children with Anxiety from Spring 2022. This provides information on the experiences of anxiety and how best to support children with this. [Click here](#) to go directly to the recording of this session which can be shared with parents.

[Click here](#) to meet your Educational Psychologists

New sections to look out for 👁️



War in Ukraine

[Click here](#) for links and resources which are available to support young people



EBSA

[Click here](#) for Emotionally Based School Absenteeism (EBSA) information for staff



Eating disorders

[Click here](#) for information, resources and where to get help for young people, their friends, parents and carers, and professionals