

## Mental health and wellbeing



Mental health difficulties and the effects of complex trauma can have an impact on children and young people's ability to function in daily life, as well as often being distressing to them and their families. Being able to identify mental health, and the impact of complex trauma, in children, young people and their parents and providing them and their families with support are vital skills for those working in social care.



### Read

Longer read: [Parental mental health: Frontline Briefing \(2018\)](#)

Longer read: [Trauma-informed approaches with young people: Frontline Briefing \(2018\)](#)

Longer read: [Support around children who have experienced developmental trauma: Frontline Briefing \(2023\)](#)

Longer read: [Understanding self-harm among children and adolescents: Frontline Briefing \(2019\)](#)

Longer read: [Adolescent mental health: Frontline Briefing \(2015\)](#)

Quick read: [Mental health and wellbeing: Research Summary \(2022\)](#)

Quick read: [Creating positive change to prevent suicide \(2022\)](#)

Quick read: [Co-designing clinical support with children's services: A collective response to unprecedented demand \(2022\)](#)



### Listen

50 minutes: [Adverse Childhood Experiences: What they tell us and implications for social care \(2021\)](#)

5x 40 minutes: [Supporting the mental health and wellbeing of care leavers: Podcast \(2024\)](#)



### Tools

[Adolescent mental health: Frontline Tool \(2015\)](#)

[Responding to self-harm among children and adolescents: Suggestions for practice \(2019\)](#)

[Positive mental health and wellbeing in children and young people: Suggestions for practice \(2019\)](#)

[Parental mental health: Frontline Tool \(2018\)](#)



### Watch

10-20 minute chapters: [Working with trauma experienced parents in children's social care: Video learning resources \(2022\)](#)

15 minutes: [Mental health awareness: Video learning resources \(2024\)](#)



### Reflect

Reflect on and record your CPD using the button on each resource page. You can also bookmark and share resources with colleagues. Log and review your reflections in '[Your CPD](#)'.

For more resources, explore resources for children and families within the [mental health topic page](#).