

Useful Resources

[How you feel matters: Getting help in Milton Keynes \(mksendlocaloffer.co.uk\)](https://mksendlocaloffer.co.uk)

[Classroom wellbeing toolkit](#) – Simple ways to promote wellbeing from the Anna Freud Centre

[Mental health resources for teachers and teaching staff \(publishing.service.gov.uk\)](https://publishing.service.gov.uk)

[PSHE Association | Charity and membership body for PSHE education \(pshe-association.org.uk\)](https://pshe-association.org.uk)

[Better Health](#) - Every mind matters resources (KS2 upwards)

This free online training course is designed to improve education staff's understanding of the impact of racism on mental health. [Anti-racism and mental health in schools e-learning | Training | Anna Freud Centre](#)

The [Teen Sleep Hub](#) provides information and advice for [young people](#), [parents, carers](#) and [professionals working in schools](#). If you're looking for advice on how to sleep better, would like tips on tweaking your routine or help to understand the science behind your sleep patterns, you'll find it all [here](#).