



Learning about emotional mental health and wellbeing - Adults

Action for Happiness: Happiness Resources

Want to learn more about happiness and how to increase your wellbeing and help others? We've got lots of resources to help you!



[Resources](#) | [Action for Happiness](#)



Psychological First Aid: Supporting Children and Young People

Get Psychological First Aid training to support children and young people's mental health during emergencies and crisis situations. [CYP Psychological First Aid online course - FutureLearn](#)

MindEd Safe and reliable advice about young people's mental health, created by experts and parents together. [MindEd For Families](#)



Somerset Council health and wellbeing learning resources available free for every Somerset resident - #LearnforLove.

Resources cover topics to help you navigate areas like-

- Understanding your child from toddler to teenager
- Understanding your teenagers brain
- Understanding your feelings (for teenagers)



To learn more and access the resources visit <https://orlo.uk/wnyTX> and enter the code **dragon**



This mini site offers information, resources and strategies for understanding emotional development and it's importance for raising **emotionally healthy children and young people**. [Emotion Coaching \(cypsomersethealth.org\)](https://cypsomersethealth.org)



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