

Public Health England launches Every Mind Matters campaign

Most families have experienced upheaval in their daily lives during the pandemic. With children and young people now back at school or college, the new Public Health England (PHE) [Better Health – Every Mind Matters campaign](#) provides NHS-endorsed tips and advice to help children and young people's mental wellbeing, and equip parents and carers with the knowledge to support them.

The new advice available on the [Every Mind Matters website](#) has been developed in partnership with leading children and young people's mental health charities, including [Young Minds](#), [The Mix](#), [Place2Be](#) and [The Anna Freud Centre](#). It is designed to help parents and carers spot the signs that children may be struggling with their mental health and support them, and also provides advice that can help maintain good mental wellbeing. The site also provides tools to help young people build resilience and equips them to look after their mental wellbeing.