Supporting Mental Health and Well-Being in Brent

Comprehensive Mental Health Website

https://bestforyou.org.uk/mental-healthsupport-in-brent/

 Offers a wide range of services and organisations in Brent for young people's mental health.

Valuable Resources for Young People and Families

Support for Parents on the Neurodevelopment Pathway

• Offered by: The Positive Behavioural Group. • Free webinars, workshops, and 1:1 consultations for parents of children with Autism or ADHD (diagnosed or on the pathway).

Materials PSG NWL Voluntary Project Trainings Overview PSG Voluntary Flyer LRS Training Schedule

- Provides essential guidance and support for Scan to download for the App
- **Baby Buddy App for New and Expecting** Parents

 Commissioned by Public Health in Brent. parents during pregnancy and early parenthood.

