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Themes: Advocacy, , , , Mental Health

Aimed at: All People

MindEd is a free educational resource on children, young people, adults and older people's mental health.

For Professionals and Volunteers

This is for you if you volunteer, work or are studying to work with infants, children, teenagers or adults. MindEd has e-learning applicable across the health, social care, education, criminal justice and community settings. It is aimed at anyone from beginner through to specialist.

The MindEd Coronavirus Staff Resilience Hub provides support for frontline staff working through the Covid-19 pandemic to help manage their mental health and wellbeing. It has been created alongside NHS Health Education England and in partnership with NHS England-Improvement, supported by Skills for Care. The Blue Lights Top Tips, on wellbeing and resilience building, are for all Blue Light service staff and organisations.

For Education: Wellbeing for Education Return

The Wellbeing for Education Return programme is a joint initiative from the Department for Education, Department of Health and Social Care, Health Education England, NHS England and Public Health England. The programme supports staff working in schools and colleges to respond to the additional pressures some young people may be feeling as a direct result of the Covid-19 pandemic, as well as to any emotional response they or their teachers may be experiencing.

Content for this programme has been developed by MindEd with input from mental health and education experts. This can be found within MindEd Education.

For Parents and Carers

Are you a parent or carer who is concerned about the mental health of your child or teenager? Do you just want some hints and tips on parenting? MindEd for Families has advice and information from trusted experts and will help you to understand what problems occur, what you can do to best support your family, and how to take care of yourself. MindEd for Families is written by a team of specialists and parents, working together.

You do not need to register to use these resources.

Parents and Carers
Older Person

For Older People

Are you concerned about the mental health of an older family member, parent or grandparent? Or are you concerned about your own mental health as you get older? MindEd for Families has advice and information from trusted experts and will help you to understand what problems occur, what you can do to take care of yourself, and your family. MindEd for Families is written by a team of specialists and older people, working together.

MindEd is suitable for all adults working with, or caring for, infants, children or teenagers; all the information provided is quality assured by experts, useful, and easy to understand. We aim to give adults who care for, or work with, young people:

the knowledge to support their wellbeing

the understanding to identify a child at risk of a mental health condition

the confidence to act on their concern and, if needed, signpost to services that can help

MindEd is cross-professional, and can be used by teachers, health professionals, police and judiciary staff, social workers, youth service volunteers, school counsellors among others to support their professional development.

There are also specific resources to support CAMHS and CYP IAPT learners and those on counselling courses. All registered learners can access a learning path tailored to their needs.

Throughout the MindEd site we make use of images and videos. In all cases, except where specifically noted, these images and videos use actors and are not intended to represent any specific person.

Please note that the advice provided on MindEd is written and quality assured by experts in child and adolescent mental health and is accurate and comprehensive as possible. It is however only general advice and should not be used as a substitute for any individual advice you might receive from consulting your own doctor/mental health professional. Please use your own judgement when deciding how best to apply our information to any specific situation or proposed treatment. This applies to any clinical professionals, who should use their own clinical judgement when interpreting the information on MindEd and deciding how to best

apply it in the treatment of patients.

You can contact e-Learning for Healthcare in different ways.

If you need support, the first place to go is our support site, which you can find at <https://support.e-lfh.org.uk/>.

For password resets: Go to Password Reset.

For registration enquiries: Go to Registration.

For all other support enquiries: Go to Support Forms.

If you have a general enquiry, you can email us at minded.enquiries@e-lfh.org.uk. Please note that this is not intended for user support queries.

If you want our postal address, our office is:

e-Learning for Healthcare
Health Education England
Second Floor
Stewart House
32 Russell Square
London
WC1B 5DN
Area: Bassetlaw, Bolsover

Contact Details

e-Learning for Healthcare
Health Education England
WC1B 5DN
minded.enquiries@e-lfh.org.uk

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