
















# Luton Emotional Wellbeing Information Resource

*Supporting wellbeing in our community*

Looking for emotional and/or mental health related information, support, services and advice for children, young adults, parent/carers and families? Search on our new resource pages for a range of topics to help you.

<https://www.luton.gov.uk/emotionalwellbeing>

 What is mental health	 Mental health crisis support	 Support for children and young people
 Mental health support lines	 Adult wellbeing including support for parents and carers	 Bereavement support
 Self-harm help	 Teacher wellbeing	 Support with LGBTQI+ issues
 Support for children from ethnic minority backgrounds	 CAMHS Wellbeing programme for parents/carers	 Resources for educational settings
 Mental health and wellbeing videos		

