



# OUTWOOD PRIMARY SCHOOL



Anna Freud's work with parents, children, young people and families are at the heart of everything they do. They are committed to involving young people and parents in all aspects of their work. They know that by recognising and promoting the voice of mums and dads, they can work together to better ensure mental health services are meeting the needs of families.

Involve your friends & family members in this too.



**Parents and carers** Download or read online, 'Good days in unusual times' a booklet for all children during these unusual days of coronavirus. Just click on the image below and scroll down the Anna Freud page.



## Good days in unusual times

By Anne-Mette Lange

Illustrations by Marie Geert Jensen

The Self-care section is full of practical ideas and tips that can improve your well-being. Try one or more that suit you.

[On My Mind](#) Is full of advice and support, written by young people to help other young people who are feeling low or anxious.

