

# RECIPES 4 WELLBEING

## PARENT/CARERS GUIDE

15 cards available to download with guidance on how to support children and young people with their emotional wellbeing.

Helping you to help your child.



Open the camera app on your smart phone and scan the QR code to access our resources.

[sussexcamhs.nhs.uk/  
resources-recipes4wellbeing](https://sussexcamhs.nhs.uk/resources-recipes4wellbeing)

