**Better Health: Every Mind Matters**Public Health England has launched a new campaign providing tips and advice to help children and young people's mental wellbeing, and equip parents and carers with the knowledge to support them. You can access the website here: <https://www.nhs.uk/oneyou/every-mind-matters>

Their top 5 tips include:  
1. Be there to listen.  
2. Stay involved in their life  
3. Support positive routines  
4. Encourage their interests  
5. Take what they say seriously