



BURLINGTON JUNIOR SCHOOL

Headteacher: Mrs P Utting

020 8942 2687

admin@bjs.rbksch.org

www.burlingtonj.kingston.sch.uk

Burlington Road · New Malden · Surrey · KT3 4LT

BBC website. When I Worry About Things.

<https://www.bbc.co.uk/programmes/articles/5QM6H01X6b3jTQF85GLgbFI/when-i-worry-about-things>

NCMH, National Centre for Mental Health.

There are various resources and a quiz to work through with your child.

<https://www.ncmh.info/childrens-mental-health-quiz/>

Anna Freud- The National Centre for Children and Families.

There are lots of resources for supporting mental health for young people and families.

<https://www.annafreud.org/>

Burlington Road · New Malden · Surrey · KT3 4LT

