



## Health and Wellbeing

Are you/your children registered with a GP and a dentist? How is your own emotional, mental, and physical wellbeing? How is your child's emotional, mental, and physical wellbeing? Are there any disabilities in the family such as mental health, physical, sensory or neurological disabilities?

[Register with a GP surgery - NHS](#)

[How to register with an NHS dentist « Dental Choices](#)

[Community Dental - Bradford District Care NHS Foundation Trust](#)

[Invictus Wellbeing | Young People's Mental Health | West Yorkshire](#)

[Children's Trauma Therapy Service - Family Action](#)

[Children's mental health - Every Mind Matters - NHS](#)

[Step 2 Supports Young People's Health in Bradford and surrounding areas](#)

[Child and Adolescent Mental Health service \(CAMHS\) - Bradford District Care NHS Foundation Trust](#)

[Little Minds Matter - infant mental health service - Bradford District Care NHS Foundation Trust](#)

[YoungMinds | Mental Health Charity For Children And Young People | YoungMinds](#)

[Bradford District and Craven Mind | Mental Health Services](#)

[Find NHS talking therapies for anxiety and depression - NHS](#)

[Home - Keighley Healthy Living](#)

[HALE – Health Action Local Engagement in Bradford](#)

[NHS website for England - NHS](#)

[The Eatwell Guide - NHS](#)

[Emotional Health - The Centre for Emotional Health](#)

[10 Keys to Happier Living | Action for Happiness](#)

[Bradford Local Offer](#)