








Mental Health and Wellbeing Support



It is always important to talk about mental health, whether there is worry over your own mental health or the mental health of family and friends. We know that the pandemic and everything associated with it may be impacting upon the mental health and wellbeing of some children.

Shown below are some useful links and sources of support (taken from the Department for Education's website) that enable children and parents/carers to get the advice and help they may need. The list below is not exhaustive, and many other useful organisations and services exist, but it is hoped that these will help children and adults navigate the key resources to get the support they may need.

General information relevant to children and young people's wellbeing and mental health





These resources are dedicated to children's general mental health and wellbeing, with a particular focus on mindfulness with developing coping skills in young people.

Organisation/Provider	Summary of Support Offered
 SafeSpot	Safespot is an iPhone and Android app that promotes positive mental wellbeing in children and has been designed to help them with their coping skills. https://safespot.org.uk/
 MindEd for Families	MindEd provides advice and resources for families on supporting children's mental health. https://mindedforfamilies.org.uk/young-people/
 BBC Bitesize	Top tips, useful links and expert advice to support you and your child's wellbeing and learning in a changing world from BBC Bitesize https://www.bbc.co.uk/bitesize/articles/znsmyxc
	A worksheet to help pupils express their feelings and understand what may have triggered them. https://youngminds.org.uk/media/3822/how-i-m-feeling-worksheet.pdf
 Anna Freud National Centre for Children and Families	Provides tools to support an emotional check-in with pupils. https://www.mentallyhealthyschools.org.uk/resources/emotional-check-in/
 Anna Freud National Centre for Children and Families	Provides an anxiety thermometer as a wellbeing measurement tool. https://www.mentallyhealthyschools.org.uk/resources/anxiety-thermometer/
	Mental Health Helplines for Urgent Help - NHS 24-hour advice and support for you, your child, your parent or someone you care for. Help is available to speak to a mental health professional. https://www.nhs.uk/service-search/mental-health/find-an-urgent-mental-health-helpline
	A free online NHS adult psychological therapies, such as cognitive behavioural therapy (CBT), for common problems involving stress, anxiety and depression. IAPT services can be accessed either through a self-referral by contacting your Local IAPT or via your GP https://www.england.nhs.uk/mental-health/adults/iapt/
	Coronavirus, Bereavement and Grief online information, advice and support. Helpline: 0808 808 1677 https://www.cruse.org.uk/get-help/coronavirus-bereavement-and-grief
Centre for Mental Health 	Supporting Mental Health during Covid-19: a brief guide https://www.centreformentalhealth.org.uk/sites/default/files/2020-07/CentreforMentalHealth_Covid_MH_resource.pdf
	The Every Mind Matters website aims to support everyone, including children, to feel more confident in taking action to look after their mental health and wellbeing by promoting a range of self-care actions. It has been adapted to include advice and support about mental health issues that may have arisen because of the pandemic. https://www.nhs.uk/oneyou/every-mind-matters

	Every Mind Matters Self-Care Tool when you complete the 5 'Survey' questions, a 'Mind Plan' is generated, with signposting options to many useful resources. https://campaignresources.phe.gov.uk/schools/resources/every-mind-matters-self-care-tool
	Childline can be contacted for confidential advice and help of any issues or worries a child may have. Tel: 0800 1111 https://www.childline.org.uk/







Covid-19 specific children's wellbeing and mental health support

For children who feel particularly overwhelmed and troubled by Covid-19, these resources are helpful ways to manage anxiety around the pandemic, with helpful tools on home-schooling and self-care during lockdown.

	A downloadable guide from the Children's Commissioner for children about the coronavirus, including proactive advice to support mental wellbeing. https://www.childrenscommissioner.gov.uk/report/childrens-guide-to-coronavirus/
	The Think Ninja app educates 10–18-year-olds about mental health, emotional wellbeing and provide skills children can use to build resilience and stay well. It has been adapted to Covid-19 to bring self-help knowledge and skills to those who may be experiencing increased anxiety and stress during the crisis. https://www.healios.org.uk/services/thinkninja1
	The Rise Above website aims to build resilience and support good mental health in children aged 10 to 16. The content has been adapted to Covid-19 and includes new mental health content based on insights from young people on remote schooling. https://riseabove.org.uk/
	The Young Minds provides online information on COVID-19 and mental health support to children. https://youngminds.org.uk/about-us/reports/coronavirus-impact-on-young-people-with-mental-health-needs/

Mental health support for parents/carers

Parents/carers can often be impacted by children's mental health, below are some useful resources that can help adults better support children, and also find the help that they themselves might need.

 Public Health England	Public Health England advice for parents and carers on looking after the mental health and wellbeing of children during the Covid-19 outbreak. https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing
 Department for Education	A list of mental wellbeing resources designed to provide guidance on how to support the wellbeing of children being educated remotely. https://www.gov.uk/guidance/get-help-with-remote-education#mental-wellbeing
 	A range of free coronavirus and mental health toolkits with useful resources and guidance to support parents/carers through the challenges they face as a result of the pandemic. This includes: <ul style="list-style-type: none"> • Resources for managing anxiety and improving wellbeing • Dealing with the effects of lockdown • Resources for building resilience https://www.mentallyhealthyschools.org.uk/risks-and-protective-factors/coronavirus-supporting-childrens-mental-health/
	Top tips to help families work together and support one another during the coronavirus outbreak. https://www.annafreud.org/media/11246/option-3-covid-advice-families2.pdf
	Information for parents/carers to help with some of the challenges the pandemic has presented. https://www.barnardos.org.uk/see-hear-respond-support-hub

Please feel free to contact the safeguarding team at Pix Brook Academy if you wish to discuss any matters relating to mental health and wellbeing.

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