

## GENERAL INFORMATION RELEVANT TO CHILDREN AND YOUNG PEOPLE'S WELLBEING AND MENTAL HEALTH

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

**Student Space** is here for students through coronavirus. However you're feeling, help and guidance is available. Explore a range of trusted information, services and tools to help you with the challenges of student life. You can use their **search tool** to find the services available at your university.

**NHS Apps library** helps people find apps and online tools to help manage their health and wellbeing. For example:

**Calm Harm** is designed to help people resist or manage the urge to self-harm.

**Catch it** helps people manage feelings like anxiety and depression and improve mental wellbeing.

**Sleepio** is an online sleep improvement programme which is free for people living in Oxfordshire, Berkshire and Buckinghamshire.\*

**The Student health app** is designed to reduce your worries, feel more confident and get the support you need at what can be a challenging time for any student.

**Thrive** helps you prevent and manage stress, anxiety and related conditions.

**Students Against Depression\*** is a website offering advice, information, guidance and resources to those affected by low mood, depression and suicidal thinking.

**Togetherall** is available for students at eligible universities and colleges who are feeling stressed, anxious, low or not coping. It provides an anonymous online community who share troubles and support each other. It is a safe space as it is moderated by trained professionals who are available 24/7.

**The Wellbeing Thesis** is an online resource for **postgraduate research students** to support your wellbeing, learning and research.

**Place2Be** has a host of mental health resources available. They organise Children's Mental Health Week every year.

**SafeSpot** is an iPhone and Android app that promotes positive mental wellbeing in children and young people and has been designed to help children and young people with their coping skills.

**MindEd's** advice and resources for families on supporting children's mental health. This includes the **Education Hub\*** (which hosts a short **Wellbeing for Education Return training webinar\*** for education staff as well as more in-depth **content** covering wellbeing and resilience, bereavement and loss, stress, trauma, anxiety and low mood).

**BBC's wellbeing resources** for families.

**Young Minds: a letter about how I'm feeling:** worksheet to help pupils express their feelings and understand what may have triggered them. For use with pupils in school or at home.

**Mentally Healthy Schools:** tools to support an emotional check-in with pupils.

**Mentally Healthy Schools:** an anxiety thermometer as a wellbeing measurement tool.

**Mental Health at Work:** Supporting Educators' Mental Health including during the pandemic. Round-the-clock one-to-one support by call or text from trained volunteers, plus resources, tips and ideas to look after your mental health.

**NHS:** 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.

**NHS IAPT:** 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.

**Cruse Bereavement Care:** Bereavement and Grief online information, advice and support. Helpline: 0808 808 1677.

**Headspace:** Headspace for Educators offers educators access to free mindfulness and meditation exercises and resources for every age group, and a free Headspace Meditation App.

**Centre for Mental Health:** Supporting Mental Health: a brief guide

**Public Health England Every Mind Matters:** Looking After Your Mental Health Resources aims to support everyone to feel more confident in taking action to look after their mental health and wellbeing by promoting a range of self-care actions.

**Public Health England:** 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.

**Young Minds:** 10 Wellbeing Tips for School Staff

Anna Freud: [self-care strategies for young people feeling low or anxious](#) and [self-care tips for parents and carers](#).

## **MENTAL HEALTH SUPPORT FOR PARENTS, CARERS, AND SCHOOL OR COLLEGE STAFF**

Keeping in mind that parents, carers and school staff can often be impacted by children's mental health, we have provided some select resources that can help adults better support children, and also find the help that they themselves might need.

**Online wellbeing resources for home education** - a list of mental wellbeing resources designed to provide guidance on how to support the wellbeing of children and young people being educated remotely.

**Mentally Healthy Schools:** a range of free mental health toolkits with useful resources and guidance to support school staff, parents and carers.

**TES SEN Show:** Supporting the Emotional and Mental Health of the Education Workforce free webinar. Suitable for all Key Stages.

**Schools' Wellbeing Partnership:** Mental health and wellbeing in primary schools –Preparing for Recovery: Self-review and Signposting Tool.

**Teacher Magazine Podcast:** The Research Files Episode 62: Teacher Adaptability

## **WORKPLACE / ORGANISATIONAL APPROACHES TO MENTAL HEALTH AND WELLBEING**

**Business in the Community:** Employee Health and Wellbeing Toolkit

**Workplace Health Needs Assessment Tool:** and resource provides practical advice for employers on workplace health and a tool for carrying out workplace health needs assessments.

**Developing and Evaluating Workplace Health Interventions** toolkit provides guidance for employers to develop their offer of workplace health interventions.

**Public Health England x Business in the Community Toolkit:** Public Health England in collaboration with Business in the Community has developed a suite of Interconnected toolkits that take a whole person, whole system approach and have mental health as a common theme throughout. These toolkits consolidate the very best evidence, with the very best employer practice to improve workplace health, aligned with freely available resources that are useful to all employers, wherever they are on their journey.

**Mental Health at Work:** Resources, Toolkits and Case Studies. Supporting Staff Wellbeing in Schools with a rich repository of information and easily accessible resources including videos and posters.

## **ISSUE AND GROUP SPECIFIC CHILDREN AND YOUNG PEOPLE'S MENTAL HEALTH AND WELLBEING SUPPORT**

Sometimes, children need specific and targeted resources to help with problems they are facing. Below we have outlined some support available for particular issues, including loneliness, suicide prevention, eating disorders and domestic abuse.

### **SEND**

The **SEND Gateway** is a good source of information for professionals, containing resources on responding appropriately to children and young people with SEND with emotional wellbeing needs.

## Care leavers

DfE have published [factsheets for care leavers](#), setting out the support they can access including one on their wellbeing and where to access support for their mental health.

## Loneliness

Resources from [University of Bath](#) and the [‘Tell Me about Loneliness’](#) project provide advice and tips about how to tackle loneliness and are thoroughly rooted in evidence of young people's experiences during loneliness.

[The Let's Talk Loneliness campaign](#) – the website provides a whole host of resources and information for those feeling lonely, including blogs and podcasts from those who have experienced loneliness.

## Bullying, harassment, and abuse

The government tool [Respectful school communities](#): a tool to support school staff to combat bullying, harassment and abuse of any kind.

## Bereavement support

[Childhood Bereavement Network](#) has a range of resources to help schools to respond to a bereavement and to provide support to bereaved pupils and their families. It also includes signposting to local bereavement services.

**Cruse Bereavement Care:** [Bereavement and Grief](#) online information, advice and support. **Helpline:** 0808 808 1677\*.

## Self-harm

[University of Oxford guide for parents and carers](#) on supporting their child or young person in dealing with self-harm.

## Eating disorders

[BEAT](#) advice and support on eating problems and disorders, with [general downloads and resources and advice for school and college teachers and staff](#):

Helpline: 0808 801 0677

Youthline: 0808 801 0711

Studentline: 0808 801 0811

[The Sanctuary chat room](#) for people with an eating disorder.

## Suicide prevention

**Papyrus (Prevention of Young Suicide)** provides confidential advice and support for young people who feel suicidal and has published a [guide for teachers and staff](#).

HOPEline UK: 0800 068 41 41

Text: 07786 209 697

Email: [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org)

The **Zero Suicide Alliance** collaboration of National Health Service trusts, charities, businesses and individuals offers free suicide prevention training.

**Samaritans** is a national organisation for anyone in distress and in need of immediate support:

Tel: 0116 123

Email: [jo@samaritans.org](mailto:jo@samaritans.org)

## Trauma

UK Trauma Council [resources on trauma](#)

## Domestic abuse

**Operation Encompass Teachers' Helpline** staffed by educational psychologists, to support staff working with children and young people at risk of or experiencing domestic abuse (0204 513 9990, weekdays during term-time, 8-11am).

## Drug and alcohol support

Find confidential local **drug and alcohol support services** [here](#) or phone **03001236600** for confidential support from Talk to Frank.

## Helplines

Children and young people can access free confidential support anytime from Government-backed voluntary and community sector organisations by:

- Texting SHOUT to 85258
- Calling Childline on 0800 1111
- Calling the Mix on 0808 808 4994 or texting THEMIX to 85258

**Tags:** [bereavement](#), [Mental health](#), [mental health resources](#), [mindfulness](#), [resources](#), [stress](#), [support](#), [Wellbeing](#)