

2- MENTAL and EMOTIONAL HEALTH and WELLBEING

The resources, training and sources of support listed below are all produced by reputable organisations but the School Health & Wellbeing Project does not assess them and it is important that schools review them before use to ensure they are suitable for their pupils and/or staff.

ALL TRAINING, RESOURCES AND SUPPORT ARE FREE UNLESS SPECIFICALLY STATED.

Please get in touch if you would like further information about anything in this information sheet or to discuss support for your school or college.

Susan

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GUIDANCE for SCHOOLS

[DEPARTMENT FOR EDUCATION \(DFE\): Mental health and behaviour in schools](#)

[DEPARTMENT FOR EDUCATION \(DFE\): Relationships, sex & health education \(RSHE\) in schools](#)

[DEPARTMENT FOR EDUCATION \(DFE\): Pastoral care in the curriculum](#)

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[ANNA FREUD CENTRE: Mental health toolkit for schools](#)

[ANNA FREUD CENTRE: Supporting mental health & wellbeing in schools, guidance for staff](#)

[ANNA FREUD CENTRE: Supporting mental health & wellbeing in secondary schools, guidance for staff](#)

[ANNA FREUD CENTRE: Mental healthy schools \(primary\)](#)

[ANNA FREUD CENTRE: Managing unexpected endings and transitions](#)

[ANNA FREUD CENTRE: A guide to supporting the mental health and wellbeing of pupils during periods of disruption](#)

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[BARNARDO'S: Helping children cope with anxiety](#)

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[CHARLIE WALLER MEMORIAL TRUST: Guides for schools & families](#)

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[EDUCATION ENDOWMENT FOUNDATION: Improving social & emotional learning in primary schools](#)

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[KOOH - DATA RELEASE: How Covid-19 is affecting the mental Health of young people in the BAME community](#)

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[MENTAL HEALTH FOUNDATION: Mental health in schools, make it count - policy briefing, let's put mental health & wellbeing at the heart of children's school experience](#)

[MENTAL HEALTH FOUNDATION: Mental health in schools, make it count - a guide for teachers](#)

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[NATIONAL ONLINE SAFETY.COM: Guide to being kind online](#)

[NATIONAL ONLINE SAFETY.COM: Guide to social media pressures linked to appearance](#)

[NATIONAL ONLINE SAFETY.COM: Guide to social media pressures linked to social media influencers](#)

[NATIONAL ONLINE SAFETY.COM: Guide to social media pressures linked to friends and followers](#)

[NATIONAL ONLINE SAFETY.COM: Guide to social media pressures linked to likes](#)

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[NSPCC - GUIDANCE: Promoting mental health & wellbeing](#)

[PSHE ASSOCIATION: Guide to teaching about mental health and emotional wellbeing](#)

[PUBLIC HEALTH ENGLAND \(PHE\): Promoting children and young people's emotional health & wellbeing, a whole school and college approach](#)

[PUBLIC HEALTH ENGLAND \(PHE\) and ANNA FREUD CENTRE: Measuring & monitoring children & young people's mental wellbeing - a toolkit for schools and colleges](#)

[ROYAL COLLEGE OF PAEDIATRICS AND CHILD HEALTH - ARTICLE: How is COVID-19 affecting children and young people in BAME communities?](#)

[YOUNG MINDS - GUIDANCE: Supporting a child with grief and loss during the Covid-19 pandemic](#)

[YOUNG MINDS - GUIDANCE: Supporting a child returning to school after lockdown](#)

TEACHING RESOURCES and MATERIALS - primary -

[ANNA FREUD CENTRE: All About Me teaching activities toolkit](#)

[ANNA FREUD CENTRE: Coronavirus toolkit #6 - resources for building resilience](#)

[ANNA FREUD CENTRE: Emotion Check-in activity \(primary\)](#)

[ANNA FREUD CENTRE: Mentally healthy schools resource library \(primary\)](#)

[ANNA FREUD CENTRE: Talking Mental Health: animation, lesson plan and assembly \(primary\)](#)

[ART THERAPY: Activities to do at home](#)

[EAST BERKSHIRE NHS: Covid-19 and your wellbeing #Coping guides for children, young people & families](#)

[eBUG - DOWNLOADABLE BOOK: My back to school bubble](#)

[EIKON: 5 ways to wellbeing ideas for your school](#)

[PARTNERSHIP FOR CHILDREN: FREE Wellbeing activity sheets for children \(primary\)](#)

[PSHE ASSOCIATION: Mental health & emotional wellbeing power point and lesson plans \(members only\)](#)

[PLACE 2 BE: Back to school resources for mental health & wellbeing \(primary & secondary\)](#)

[PUBLIC HEALTH ENGLAND: Year 6, Sleep lesson plan pack](#)

[THE YEAR THEY CLOSED MY SCHOOL: Reflection on learning from home activity](#)

[SLOUGH MUSIC SERVICE: Music programmes to support mental wellbeing](#)

[SLOUGH PRIMARY HEAD TEACHERS CONFERENCE: Emotional wellbeing toolkit & school mental health charter](#)

TEACHING RESOURCES and MATERIALS - secondary -

[ANNA FREUD CENTRE: Coronavirus toolkit #6 - resources for building resilience](#)

[ANNA FREUD CENTRE: We All Have Mental Health: animation, lesson plan and assembly \(KS3\)](#)

[ART THERAPY: Activities to do at home](#)

[BBC EDUCATION: Class clips: My Troubled Mind \(KS3 &4\)](#)

[EAST BERKSHIRE NHS: Covid-19 and your wellbeing #Coping guides for children, young people & families](#)

[PLACE 2 BE: Back to school resources for mental health & wellbeing \(primary & secondary\)](#)

[PSHE ASSOCIATION: Mental health & emotional wellbeing power point and lesson plans \(members only\)](#)

[PSHE ASSOCIATION: Sleep factor lesson plans](#)

[RISE ABOVE: PSHE teaching resources and power points on a variety of topics](#)

[SAMARITANS: Developing emotional awareness and listening teaching resources](#)

[SLOUGH MUSIC SERVICE: Music programmes to support mental wellbeing](#)

[THE YEAR THEY CLOSED MY SCHOOL: Reflection on learning from home activity](#)

TRAINING OPPORTUNITIES for STAFF

[ANNA FREUD CENTRE - WEBINAR: Supporting children following traumatic events \(trauma informed practice\)](#)

[ANNA FREUD CENTRE - TRAINING VIDEO: Training staff in the CARE approach to supporting pupil's mental health](#)

[ANNA FREUD CENTRE - VIDEO SERIES: Expert advice on a variety of issues including adolescent brain development, substance misuse, anxiety, self harm and exam stress](#)

[ANNA FREUD CENTRE - RECORDING: Facebook Q&A 07.05.20 – Managing unexpected endings and transitions](#)

[CHARLIE WALLER MEMORIAL TRUST - WEBINAR SERIES: Supporting children's mental health](#)

[DEPARTMENT FOR EDUCATION - TRAINING MATERIALS: Training staff to teach about mental wellbeing](#)

[EAST BERKSHIRE CCG NHS – TRAINING OFFER: Children & young people's mental health training for professionals and volunteers](#)

[EMERGING MINDS - WEBINAR SERIES: Covid-19 and children's mental health](#)

[FUTURE LEARN - ONLINE COURSE: Childhood adversity and mental health](#)

[FUTURE LEARN - ONLINE COURSE: Young people and their mental health](#)

[FUTURE LEARN – ONLINE COURSE: Supporting the social & emotional wellbeing of adolescent learners](#)

[FUTURE LEARN - ONLINE COURSE: Youth mental health: helping young people with anxiety](#)

[FUTURE LEARN - ONLINE COURSE: Anxiety in children and young people during Covid-19](#)

[FUTURE LEARN - ONLINE COURSE: Understanding depression and low mood in young people](#)

[FUTURE LEARN - ONLINE COURSE: Helping young people manage low mood and depression during Covid-19](#)

[MIND ED - ONLINE LEARNING: Children and young people's mental health for professionals, parents and carers](#)

[NSPCC - ONLINE LEARNING: Supporting children with mental health](#)

[NSPCC - PODCAST: Returning to school post lockdown](#)

[NSPCC - PODCAST: The impact of Coronavirus on school staff and pupils](#)

[PARTNERSHIP FOR CHILDREN - VIDEO: Helping parents and teachers talk to children about death](#)

[SLOUGH BOROUGH COUNCIL INTEGRATED SUPPORT SERVICE - WEBINAR SERIES: The 3Rs Resilience, Readiness, Recovery](#)

[TES - SEND SHOW WEBINAR SERIES: Preparing for the 'new normal'](#)

[VIRTUAL COLLEGE - ONLINE COURSE: Talking to children and young people about resilience and self harm](#)

[WESSEX NHS - WEBINAR: Trauma informed practice](#)

INFORMATION, SUPPORT and SELF HELP for CHILDREN & YOUNG PEOPLE

[KOOTH: Free, confidential online counselling for young people](#)

[NUMBER 22: Free, confidential counselling for young people](#)

[CHILDLINE: Worries about Coronavirus](#)

[CHILDLINE: Calm Zone](#)

[CHILDLINE: Toolbox](#)

[EAST BERKSHIRE CCG: FREE Self help mental health apps](#)

See list below

[EVERY MIND MATTERS: Top tips for coping with anxiety](#)

[MENTAL HEALTH FOUNDATION: Mental health in schools, make it count - a guide for pupils](#)

[NATIONAL ONLINE SAFETY.COM: Guide to being kind online](#)

[NATIONAL ONLINE SAFETY.COM: Guide to social media pressures linked to appearance](#)

[NATIONAL ONLINE SAFETY.COM: Guide to social media pressures linked to social media influencers](#)

[NATIONAL ONLINE SAFETY.COM: Guide to social media pressures linked to friends and followers](#)

[NATIONAL ONLINE SAFETY.COM: Guide to social media pressures linked to likes](#)

[ON MY MIND \(Anna Freud Centre\): Information & self care strategies for children and young people](#)

[RISE ABOVE: Tips for young people on a variety of issues including self care and mental wellbeing issues](#)

[THE CHILDREN'S SOCIETY: Advice for children & young people on anxiety](#)

[YOUNG MINDS: Information, advice and support for children and young people on a range of mental health & wellbeing issues](#)

EARLY SUPPORT and PASTORAL CARE

[KOOTH: Free, confidential online counselling for young people](#)

[NUMBER 22: Free, confidential counselling for young people](#)

[SLOUGH INTEGRATED SUPPORT SERVICE: Educational Psychology Team](#)

[BERKSHIRE HEALTHCARE NHS TRUST: Mental Health Support Team \(MHST\) and Getting Help Service](#)

[PUBLIC HEALTH NURSING 4 SLOUGH: School Nursing Team](#)

[THE SAFE PROJECT: Support for children & young people who have been affected by crime](#)

Please also consider working with your ELSA trained colleagues and Mental Health First Aid trained colleagues.

SPECIALIST SUPPORT for CHILDREN and YOUNG PEOPLE

[BERKSHIRE HEALTHCARE NHS TRUST: Child & adolescent mental health service \(CAMHS\)](#)

BEREAVEMENT

[CHILD BEREAVEMENT UK: Supporting children bereaved during the Coronavirus outbreak](#)

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[CHILD BEREAVEMENT UK: Elephant's tea party](#)

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[CHILDHOOD BEREAVEMENT NETWORK: Supporting children and young people bereaved during the Coronavirus outbreak](#)

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[DAISY'S DREAM](#)

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[IRIS CONNECT BLOG: School return - how do we talk about bereavement](#)

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[PARTNERSHIP FOR CHILDREN: Wellbeing activity sheets for children, includes bereavement](#)

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[THE KEY FOR SCHOOL LEADERS: Supporting pupils through bereavement](#)

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[TWINKL: Power point on loss \(membership may be required\)](#)

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[TWINKL: Keepsake memory box bereavement activity \(membership may be required\)](#)

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[WINSTON'S WISH: Supporting children with SEND](#)

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[WINSTON'S WISH: Alternative goodbyes](#)

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[YOUNG MINDS - GUIDANCE: Supporting a child with grief and loss during the Covid-19 pandemic](#)

TRANSITION

[ANNA FREUD CENTRE: Coronavirus toolkit #7 - resources for managing transitions](#)

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[NSPCC: Making sense of relationships lesson plans \(KS2\) including transition and changing friendships](#)

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[PUBLIC HEALTH ENGLAND \(PHE\): Transition to secondary school teaching materials](#)

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[PUBLIC HEALTH ENGLAND: Dealing with change, lesson plan pack](#)

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[YOUNG MINDS: Activity pack for supporting year 6 transition to secondary school](#)

INFORMATION and GUIDANCE for PARENTS and CARERS

[ANNA FREUD CENTRE: Support & guidance for parents & carers](#)

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[ART THERAPY: Activities to do at home](#)

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[BARNARDO'S: Helping children cope with anxiety](#)

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[BERKSHIRE HEALTHCARE NHS TRUST - CHILDREN, YOUNG PEOPLE & FAMILIES SERVICES: Advice for parents, carers and patients](#)

•
[CHARLIE WALLER MEMORIAL TRUST: Guides for schools & families](#)

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[EAST BERKSHIRE NHS: Your Wellbeing #Coping Guides for Children, Young People and Families](#)

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[EMERGING MINDS: Coronavirus podcasts for professionals, parents and carers – topics include Teens Screens & Quarantines, Social Isolation & Young People's Mental Health](#)

•
[MENTAL HEALTH FOUNDATION: Mental health in schools, make it count - a guide for parents & carers](#)

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[MIND ED – ONLINE LEARNING: Children and young people's mental health for professionals, parents and carers](#)

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[NATIONAL ONLINE SAFETY.COM: Guide to being kind online](#)

[NATIONAL ONLINE SAFETY.COM: Guide to social media pressures linked to appearance](#)

[NATIONAL ONLINE SAFETY.COM: Guide to social media pressures linked to social media influencers](#)

[NATIONAL ONLINE SAFETY.COM: Guide to social media pressures linked to friends and followers](#)

[NATIONAL ONLINE SAFETY.COM: Guide to social media pressures linked to likes](#)

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[NHS: 5 steps to mental wellbeing](#)

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[NSPCC: Advice for parents and carers on supporting children's mental wellbeing](#)

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[PARENT ZONE: How to look after your family's mental health when you're stuck indoors](#)

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[PARTNERSHIP FOR CHILDREN: FREE Wellbeing activity sheets for children \(primary\)](#)

[PARTNERSHIP FOR CHILDREN - VIDEO: Helping parents and teachers talk to children about death](#)

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[PLACE 2 BE: Answering children's questions about Coronavirus](#)

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[YOUNG MINDS: Support & guidance for parents & carers](#)

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Parent and carer's helpline: 0808 802 5544
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Self-help mental health apps



Cove
Create music that reflects your mood to help you express how you're feeling

Cost: Free Age: 4 +



Catch It
Learn to manage negative thoughts and look at problems differently

Cost: Free Age: 12 +



WorryTree
Record, manage and problem solve your worries with this easy-to-use app

Cost: Free Age: 4 +
(contains in-app purchases)



ThinkNinja
Skills to help you deal with anxiety and low mood and feel healthier and happier

Cost: Free* Age: 11-18
(*Free until end of July 2020)



There are plenty of excellent apps that can help with managing your emotional wellbeing and mental health – here are some suggestions to get you started. Although these apps can be useful, they are not a replacement for seeking professional advice or support. If you have concerns about any symptoms you are experiencing see the sections on confidential national helplines and local services below.



eQuoo
Use choose-your-own adventure games to improve your emotional fitness

Cost: Free Age: 12 +
(contains in-app purchases)



Stress & Anxiety Companion
Breathing exercises, relaxing music and games to help calm your mind and reframe negative thoughts

Cost: Free Age: 4 +
(contains in-app purchases)



Calm Harm
A password-protected app that helps you resist or manage the urge to self-harm

Cost: Free Age: 12 +



Chill Panda
Use breathing techniques to help you relax more, worry less and feel better

Cost: Free Age: 6 +



Thrive
Use games to track your mood and learn how to take control of your stress and anxiety

Cost: Free Age: 12 +



MeetTwo
A safe forum for young people to share experiences and ask advice anonymously

Cost: Free Age: 13 +



Whilst all of the apps listed here are free to download, please be aware that some include extra in-app purchase options.

https://play.google.com/craft/meetwo&hl=en_GB