

## SLOUGH SCHOOL HEALTH & WELLBEING PROJECT RESOURCES

### 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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### BACK TO SCHOOL - COVID-19 RECOVERY

#### **ANNA FREUD CENTRE**

[Coronavirus - Returning to School Toolkit #8](#)

[Reset, recover, rebuild - a roadmap for recovery](#)

[Managing unexpected endings and transitions](#)

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

[Managing the transition back to school](#)

[Coronavirus, supporting pupils' mental health and wellbeing](#)

#### **AUTISM BERKSHIRE**

[Top tips for Autistic and ADHD children returning to school September 2020](#)

#### **BARNARDO'S**

[Helping children cope with anxiety](#)

[SEE, HEAR, RESPOND: Rapid support for children and young people affected by the coronavirus crisis](#)

#### **CHARLIE WALLER MEMORIAL TRUST**

[Supporting children returning to school](#)

[Guides for schools & families](#)

#### **DEPARTMENT FOR EDUCATION**

[Supporting children and young people with SEND as schools and colleges prepare for wider opening](#)

#### **KOOTH**

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

#### **MENTAL HEALTH FOUNDATION**

[Returning to school after lockdown](#)

#### **NATIONAL CHILDREN'S BUREAU**

[Mental health and wellbeing in primary schools - preparing for recovery toolkit](#)

#### **ROYAL COLLEGE OF PAEDIATRICS AND CHILD HEALTH**

[ARTICLE: How is COVID-19 affecting children and young people in BAME communities?](#)

**YOUNG MINDS**

[Supporting a child returning to school after lockdown](#)

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

[COVID-19 Back to School Recovery Briefing](#)

## GUIDANCE for SCHOOLS

**DEPARTMENT FOR EDUCATION**

[Mental health and behaviour in schools](#)

[Relationships, sex & health education \(RSHE\) in schools](#)

[Pastoral care in the curriculum](#)

[Bullying at school](#)

**ANNA FREUD CENTRE**

[5 Steps to Mental Health & Wellbeing Framework](#)

[Mental health toolkit for schools](#)

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

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

[Mentally healthy schools \(primary\)](#)

[Managing unexpected endings and transitions](#)

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

**ANTI-BULLYING ALLIANCE**

[A whole school approach to anti-bullying](#)

**ANTI-BULLYING FROM THE DIANA AWARD**

[Your school's responsibilities in relation to bullying](#)

**BARNARDO'S**

[Helping children cope with anxiety](#)

**BOYS IN MIND**

[Support and guidance for schools around the mental health and wellbeing of boys and young men](#)

**CHARLIE WALLER TRUST**

[Guides for schools & families](#)

**EDUCATION ENDOWMENT FOUNDATION**

[Improving social & emotional learning in primary schools](#)

**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 in schools, make it count - a guide for teachers](#)

**NSPCC**

[Promoting mental health & wellbeing](#)

**PSHE ASSOCIATION**

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

**PUBLIC HEALTH ENGLAND**

[Promoting children and young people's emotional health & wellbeing, a whole school and college approach](#)

[Measuring & monitoring children & young people's mental wellbeing - a toolkit for schools and colleges](#)

## TEACHING RESOURCES and MATERIALS

### - primary -

**ANNA FREUD CENTRE**

[Mindfulness Calendar - 5 minute daily activities](#)

[All About Me teaching activities toolkit](#)

[Coronavirus toolkit #6 - resources for building resilience](#)

[Emotion Check-in activity \(primary\)](#)

[Mentally healthy schools resource library \(primary\)](#)

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

**ANTI-BULLYING FROM THE DIANA AWARD**

[Teaching resources for schools](#)

**ART THERAPY**

[Activities to do at school or at home](#)

**ASSOCIATION OF ADULT & CHILD ONLINE SAFETY SPECIALISTS (AACOSS)**

[Coronavirus explainer videos for primary children](#)

**EAST BERKSHIRE NHS (CCG)**

[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**

EVERY MIND MATTERS: PSHE teaching resources and power points for upper KS2, 3 & 4 on a variety of topics:

[What to do about worry](#)

[Social media](#)

[Sleep](#)

[Dealing with change](#)

[Transition to secondary school](#)

[Puberty](#)

[Bullying and cyberbullying](#)  
[Smoking](#)  
[Online stress and FOMO](#)  
[Alcohol](#)  
[Exam stress](#)  
[Body image in a digital world](#)  
[Forming positive relationships](#)

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

## TEACHING RESOURCES and MATERIALS - secondary -

**ANNA FREUD CENTRE**  
[Mindfulness Calendar - 5 minute daily activities](#)

[Coronavirus toolkit #6 - resources for building resilience](#)

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

**ANTI-BULLYING FROM THE DIANA AWARD**  
[Teaching resources for schools](#)

**ART THERAPY**  
[Activities to do at school and at home](#)

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

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

**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 \(members only\)](#)

[Sleep factor lesson plans \(member only\)](#)

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

**PUBLIC HEALTH ENGLAND**  
EVERY MIND MATTERS: PSHE teaching resources and power points for upper KS2, 3 & 4 on a variety of topics:

[What to do about worry](#)  
[Social media](#)  
[Sleep](#)  
[Dealing with change](#)  
[Transition to secondary school](#)  
[Puberty](#)  
[Bullying and cyberbullying](#)  
[Smoking](#)  
[Online stress and FOMO](#)

[Alcohol](#)  
[Exam stress](#)  
[Body image in a digital world](#)  
[Forming positive relationships](#)

**SAMARITANS**

PSHE Lesson plans and teaching materials on a variety of topics:

[Ups and Downs of the Day](#)  
[My Support Network](#)  
[Building Resilience](#)  
[What is Emotional Health?](#)  
[Let it Out](#)  
[Being Positive](#)  
[Helping My Friends](#)  
[Expressing Feelings](#)  
[Coping with Changes](#)  
[Knowing When to Get Support](#)  
[Exam Stress Coping Strategies](#)  
[Managing Stress and Making Choices](#)  
[Supporting a Friend](#)  
[Self-Harm Myths & Facts](#)  
[Developing emotional awareness and listening](#)

## TRAINING OPPORTUNITIES for STAFF

**ANNA FREUD CENTRE**

[WEBINAR: 5 Steps to Mental Health & Wellbeing - leading change](#)

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

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

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

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

[TRAINING MATERIALS: Wellbeing INSET Day Toolkit](#)

**ANTI-BULLYING ALLIANCE**

[Online CPD and training](#)

**ANTI-BULLYING FROM THE DIANA AWARD**

[Webinars for school staff](#)

**CHARLIE WALLER TRUST**

[WEBINAR SERIES: Supporting children's mental health](#)

**DEPARTMENT FOR EDUCATION**

[TRAINING MATERIALS: Training staff to teach about mental wellbeing](#)

[WEBINAR: Supporting pupil and student mental wellbeing](#)

[WEBINAR: Local systems supporting education settings with children & young people's mental health and 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**

**ONLINE COURSE: Young people and their mental health**

**ONLINE COURSE: Supporting the social & emotional wellbeing of adolescent learners**

**ONLINE COURSE: Youth mental health: helping young people with anxiety**

**ONLINE COURSE: Anxiety in children and young people during Covid-19**

**ONLINE COURSE: Understanding depression and low mood in young people**

**ONLINE COURSE: Helping young people manage low mood and depression during Covid-19**

**IRIS CONNECT**

**BLOG: School return - how do we talk about bereavement**

**MIND ED**

**ONLINE LEARNING: Children and young people's mental health for professionals, parents and carers**

**NSPCC**

**ONLINE LEARNING: Supporting children with mental health**

**PODCAST: Returning to school post lockdown**

**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 – EDUCATIONAL PSYCHOLOGY TEAM**

**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**

**FREE COUNSELLING FOR YOUNG PEOPLE**

**KOOTH: Free, confidential online counselling and support for young people**

**NUMBER 22: Free, confidential counselling for young people**

**ANNA FREUD CENTRE**

**On My Mind - information & self care strategies for children and young people**

**ANTI-BULLYING ALLIANCE**

[Information and advice if you're being bullied](#)

**ANTI-BULLYING FROM THE DIANA AWARD**

[Information and advice for children and young people](#)

**CHARLIE WALLER TRUST**

[Student pages – mental health and wellbeing information and advice for young people KS 4 & 5](#)

**CHILDLINE**

[Worries about Coronavirus](#)

[Calm Zone](#)

[Mental Wellbeing Toolbox](#)

[1-1 Counsellor Chat](#)

[Getting Support at Night](#)

[Helpline 0800 1111](#)

[Going Back to School after Lockdown](#)

[Moving Schools](#)

[Worries about Coronavirus](#)

[Crime & the Law - Gangs](#)

[Racism and Racial Bullying](#)

[Crime & the Law - Gun and Knife Crime](#)

[Puberty - Girls](#)     [Puberty - Boys](#)

[Tips for Staying Healthy](#)

[Sexual Relationships](#)

[Making Friends](#)

[Friendship Problems](#)

[Bullying on Social Media](#)

**EAST BERKSHIRE NHS**

[FREE Self help mental health apps – see list below](#)

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

**EVERY MIND MATTERS**

[Top tips for coping with anxiety](#)

**FEARLESS**

[Information and advice for young people about crime and criminality](#)

**KIDSCAPE**

[Information and advice for children and young people about preventing bullying](#)

**MENTAL HEALTH FOUNDATION**

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

**NATIONAL ONLINE SAFETY.COM**

[Guide to being kind online](#)

[Guide to social media pressures linked to appearance](#)

[Guide to social media pressures linked to social media influencers](#)

[Guide to social media pressures linked to friends and followers](#)

[Guide to social media pressures linked to likes](#)

**PUBLIC HEALTH ENGLAND**

[Rise Above website for young people on a variety of issues including self care, relationships and sexual health](#)

**SHOUT**

[TEXT 'SHOUT' to 85258 : 24 hour support by text for young people struggling to cope](#)

**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 BOROUGH COUNCIL**

[Integrated Support Service: Educational Psychology Team](#)

**ANNA FREUD CENTRE**

[Separation Anxiety Action Plan](#)

[Managing children's separation anxiety action plans](#)

[Wellbeing poster](#)

**BERKSHIRE HEALTHCARE NHS TRUST**

[School Mental Health Support Team and Getting Help Service](#)

**BARNARDO'S**

[SEE, HEAR, RESPOND: Rapid support for children and young people affected by the coronavirus crisis](#)

**PUBLIC HEALTH NURSING 4 SLOUGH**

[School Nursing Team](#)

**THE SAFE PROJECT**

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

## 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](#)

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



## **CHILDHOOD BEREAVEMENT NETWORK**

[Supporting children and young people bereaved during the Coronavirus outbreak](#)

### **DAISY'S DREAM**

[Support for children and their families who have been affected by life threatening illness or bereavement of someone close to them](#)

### **IRIS CONNECT**

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

### **PARTNERSHIP FOR CHILDREN**

[Wellbeing activity sheets for children, includes bereavement](#)

### **THE KEY FOR SCHOOL LEADERS**

[Supporting pupils through bereavement](#)

### **TWINKL**

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

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

### **WINSTON'S WISH**

[Supporting children and young people who have special educational needs and disabilities after the death of a parent or sibling](#)

[Alternative goodbyes](#)

### **YOUNG MINDS**

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

## TRANSITION

### **ANNA FREUD CENTRE**

[Coronavirus toolkit #7 - resources for managing transitions](#)

### **NSPCC**

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

### **PUBLIC HEALTH ENGLAND**

[Transition to secondary school teaching materials](#)

[Dealing with change, lesson plan pack](#)

### **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](#)

### **ANTI-BULLYING ALLIANCE**

[Information and advice for parents and carers](#)

### **ANTI-BULLYING FROM THE DIANA AWARD**

[Information and advice for parents and carers](#)

**ART THERAPY**

[Activities to do at home](#)

**BARNARDO'S**

[Helping children cope with anxiety](#)

**BERKSHIRE HEALTHCARE NHS TRUST – CHILDREN, YOUNG PEOPLE & FAMILIES' SERVICES**

[Advice for parents, carers and patients](#)

**CHARLIE WALLER TRUST**

[Guides for schools & families on a variety of mental wellbeing topics](#)

**EAST BERKSHIRE NHS (CCG)**

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

**EMERGING MINDS**

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

**INTERNET MATTERS**

[Online resources & advice to help families adjust to the 'new normal'](#)

**MENTAL HEALTH FOUNDATION**

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

[Looking after your mental health as we come out of lockdown](#)

[Returning to school after lockdown](#)

**MIND ED**

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

**NATIONAL ONLINE SAFETY – GUIDES FOR PARENTS & CARERS**

[Guide to being kind online](#)

[Guide to social media pressures linked to appearance](#)

[Guide to social media pressures linked to social media influencers](#)

[Guide to social media pressures linked to friends and followers](#)

[Guide to social media pressures linked to likes](#)

**NHS**

[5 steps to mental wellbeing](#)

**NSPCC**

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

**PARENT ZONE**

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

**PARTNERSHIP FOR CHILDREN**

[Wellbeing activity sheets for children \(primary\)](#)

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

**PLACE 2 BE**

[Answering children's questions about Coronavirus](#)

**PUBLIC HEALTH ENGLAND**

**[COVID-19 guidance for parents on supporting children and young people's mental health and wellbeing](#)**

available in English, Arabic, Bengali, Chinese (CN), Chinese (HK), French, Gujarati, Portuguese, Polish, Punjabi, Urdu.

**YOUNG MINDS**

**[Support & guidance for parents & carers](#)**

**Parent and carer's helpline: 0808 802 5544**

## 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 2018)



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/store/apps/details?id=com.craft.meettwo&hl=en\\_GB](https://play.google.com/store/apps/details?id=com.craft.meettwo&hl=en_GB)