

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

School Health & Wellbeing Project Officer 07753 316916 susan.dyer@slough.gov.uk

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

[Mental health & wellbeing guides for schools & families](#)

EDUCARE

Supporting Children and Young People with Anxiety is an information sheet produced by EduCare containing information about different types of anxiety, signs and indicators to look for and ways to support children experiencing anxiety. Download a copy of the information sheet [HERE](#)

The EduCare (TES) Mental Wellbeing Hub for Education is free and has a collection of mental wellbeing resources to support schools' work around mental wellbeing. This includes information sheets on a variety of mental wellbeing issues, resources for pupils and resources parents and carers to help them to support their children.

Sign up to the hub [HERE](#)

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](#)

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:

[Loneliness and building connections](#)

[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](#)

THE READING AGENCY

The Reading Agency have compiled a book list entitled **Books that Help Children Stay Safe, Calm, Connected and Hopeful**. Most of the titles are available as free downloads or video story-times. The Reading Well collection books mentioned at the end are available from Slough Libraries.

Further details and the list are available from the Reading Agency website [HERE](#)

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](#)

KOOTH

Kooth can also support schools with **virtual assemblies**, **sign up sessions** and **workshops** covering wellbeing topics and mental health (e.g. goal setting, using a journal, anxiety & stress, bullying, young men's issues, anger management). There are also cards and posters and a range of digital resources accessible from the Kooth hub.

For further information or to discuss support for your school please contact: **Jenny Fennessy**, jfennessy@kooth.com

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 \(members only\)](#)

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:

[Loneliness and building connections](#)

[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](#)

PUBLIC HEALTH ENGLAND & FUTURE LEARN

[ONLINE COURSE: Psychological First Aid \(PFA\)](#)

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 CARE 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

[Nobody is Normal – how to cope if you feel different](#)

[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](#)

[Something's not Right – support and advice for young people if something has happened or doesn't feel right](#)

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](#)

[Advice and self care videos](#)

FEARLESS

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

KIDSCAPE

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

KOOTH

Kooth offers **FREE** online counselling and other forms of support to young people aged **11-24 years**. They have produced a video for young people giving more information about Kooth, what is on offer and how to access support.

The video can be accessed using the link below:

<https://vimeo.com/470115097> Password: koothyoung2010

Kooth also offers Live Forums which give young people an opportunity to join an online discussion about a variety of relevant topics around mental and emotional wellbeing in a safe environment. Each forum is supported by a trained professional during the discussion and for a period of time afterwards. A list of topics is published each month on the

Kooth website: kooth.com

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](#)

KOOTH

Kooth offers **FREE** online counselling and other forms of support to young people aged **11-24 years**. They have produced a video for practitioners giving more information about Kooth, what is on offer and how to access support.

The video can be accessed using the link below:

Presentation for Practitioners

<https://vimeo.com/470114913> Password: koothprof2010

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 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