

MENTAL HEALTH & WELLBEING

The resources, training and CPD opportunities, listed below are all offered by reputable organisations but the School Health & Wellbeing Project does not assess them and it is important that schools review them before use.

ALL RESOURCES AND TRAINING ARE FREE UNLESS SPECIFICALLY STATED.

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

Susan

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

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](#)

Promoting and supporting mental health and wellbeing in schools and colleges, the DfE have collated all their resources for Promoting and Supporting a Whole Setting Approach to Mental Health & Wellbeing in Schools and Colleges on one webpage [HERE](#) including an opportunity for schools/colleges to apply for a funding grant for Senior Mental Health Leads training. More information and details of how to apply for a Senior Mental Health Leads training grant can be found [HERE](#)

Anna Freud Centre (Schools in Mind and Mentally Healthy Schools)

[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 (TES)

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

A report with recommendations for improving social and emotional learning in primary schools. To accompany the report there is a downloadable poster summarising the six recommendations, and additional tools and resources including an audit and discussion tool for use in your school:

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

Education Office Northern Ireland

[Guidance on supporting transgender young people](#)

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 (Schools in Mind and Mentally Healthy Schools)

[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 and 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](#)

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

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

Every Mind Matters PSHE teaching resources are curriculum-linked lesson plans and classroom materials on a variety of topics for year 6, KS3 and KS4 including Power Point presentations, student activities, differentiated options and films.

[Physical and mental Wellbeing](#)

[Unhelpful Thoughts](#)

[Worry](#)

[Social media](#)

[Building Connections](#)

[Sleep](#)

[Dealing with change](#)

[Transition to secondary school](#)

[Bullying and cyberbullying](#)

[Online stress and FOMO](#)

[Exam stress](#)

[Body image in a digital world](#)

[Forming positive relationships](#)

Slough Primary Heads 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 (Schools in Mind and Mentally Healthy Schools)

[Mindfulness Calendar – daily, 5 minute 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 \(KS3 &4\)](#)

Frimley CCG (NHS)

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

Eikon

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

Kooth

Kooth can 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

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 are curriculum-linked lesson plans and classroom materials on a variety of topics for year 6, KS3 and KS4 including Power Point presentations, student activities, differentiated options and films.

[Physical and mental Wellbeing](#)

[Unhelpful Thoughts](#)

[Worry](#)

[Social media](#)

[Building Connections](#)

[Sleep](#)

[Dealing with change](#)

[Transition to secondary school](#)

[Bullying and cyberbullying](#)

[Online stress and FOMO](#)

[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](#)

What's Up with Everyone?

Leading academics have partnered with Aardman to launch new mental health campaign. What's Up With Everyone? is a series of five new animated films created with and for young people about dealing with life's challenges before they impact negatively on mental health. Issues covered include loneliness, perfectionism and competitiveness and the films are supported by a companion website: [What's Up with Everyone?](#)

TRAINING, INFORMATION and AWARENESS
for STAFF

Anna Freud Centre (Schools in Mind and Mentally Healthy Schools)

[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](#)

Berkshire CAMHS

Psychological Perspectives in Education and Primary Care (PPEPCare) training has been designed to help staff/volunteers in the CYP workforce to recognise and understand mental health difficulties in children and young people and offer appropriate support and guidance to children, young people and their families using psychoeducation and relevant psychological techniques.

PPEPCare is FREE and delivered by local specialist CAMHS, Getting Help Service and Mental Health Support Team colleagues alongside education psychologists from Slough Borough Council. PPEPCare training for all modules (listed below) is currently being delivered virtually. Face to face delivery will resume as soon as it is safe to do so in line with COVID-19 restrictions. If you are starting to plan your CPD input for next academic year, please use booking form and the MHST/GH team will contact you to discuss your needs.

[Psychological Perspectives in Education and Primary Care \(PPEPCare\)](#) To book a session please use the online form available [here](#).

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

Senior Mental Health Leads Training with Funding Grant Opportunity, the DfE have collated all their resources for Promoting and Supporting a Whole Setting Approach to Mental Health & Wellbeing in Schools and Colleges on one webpage [HERE](#) including an opportunity for schools/colleges to apply for a funding grant for Senior Mental Health Leads training.

More information and details of how to apply for a Senior Mental Health Leads training grant can be found [HERE](#)

Frimley CCG (NHS)

[Children and young people's mental health training offer for professionals and volunteers](#)

EduCare (TES)

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 if they are 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 Support

[VIDEO: Bereavement & its impact on education staff](#)

Evidence for Learning

[VIDEO & SLIDES: A Recovery Curriculum Part 1 \(Loss and Life for children and schools post pandemic\)](#)

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](#)

Psychological First Aid online training developed by Public Health England, The World Health Organisation and Future Learn specifically adapted for people who care for or work with children and young people aged up to 25 who have been affected by COVID-19 (or other emergencies or individual crises).

The training takes approximately 2 hours to complete and can be accessed here: [Psychological First Aid](#)

Iris Connect

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

MindEd

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

NSPCC Learning

[INFORMATION WEBPAGES: 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](#)

Place 2 Be

Mental Health Champions Foundation Programme online training course aims to enhance professionals' understanding of children's mental health and introduces approaches that foster positive wellbeing in schools and communities. This course is suitable for people working with children and young people of any age, including primary and secondary and is a five-week programme of 1-1½ hours per week that can be completed at any time convenient to you: [Mental Health Champions Foundation Programme](#)

Public Health England and Future Learn

[ONLINE COURSE: Psychological First Aid \(PFA\) for Children and Young People](#)

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

Slough Borough Council – Educational Psychology Service

[WEBINARS: 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](#)

Hampshire Thames Valley NHS

[WEBINAR: Trauma informed practice](#)

INFORMATION, SUPPORT and SELF CARE for CHILDREN and YOUNG PEOPLE

FREE counselling for young people

[KOOH: Free, confidential online counselling and support for young people](#)

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

Anna Freud Centre (Schools in Mind and Mentally Healthy Schools)

[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](#)

BBC Bitesize

Feeling bored, flat and unmotivated? A video and article for children and young people from BBC Bitesize with reassurance and tips if they are feeling bored, flat and unmotivated: [Here are some things that can help](#)

Buckinghamshire Mind: Friends in Need – Young Adults Group

Friends in Need – Young Adults Group is a friendly and welcoming peer-to-peer social support community for 17 – 25-year-olds experiencing mild-to-moderate mental health and/or loneliness, in the East Berkshire area facilitated by Buckinghamshire Mind. Young adults come together to help manage the effects of depression, anxiety, loneliness, and isolation. Young people can self-refer or be referred by a practitioner or parent/carer. Please see the flyer below for more information.



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](#)

Ditch the Label

A global youth charity with information to help young people aged 12-25 with issues such as mental health, racism, bullying, identity and relationships: [Ditch the Label](#)

Frimley CCG (NHS)

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

Little Blue Book of Sunshine

A downloadable resource for children and young people giving suggestions of things to do to feel better or where to get help if needed. It can be downloaded as a free e-book through Apple Books or Google Play. Further information can be found [HERE](#)

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](#)

Healthier Together – Staying Healthy webpages for Young People

Information for young people about body image and self-esteem, bullying, exam pressure, family breakdown, transition, sexuality and gender identity: [Healthier Together - Young People](#)

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

[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](#)

Educational Psychologists (EPs) conduct individual assessment of health and wellbeing needs of students. EPs can deliver short therapeutic intervention or signpost to other appropriate mental health services.

[Educational Psychology Team – ELSA Network](#)

EPs train and supervise school ELSAs (Emotional Literacy Support Assistants) to deliver early interventions to support children and young people in school to understand and regulate their own emotions, learn to respect others around them and to develop resilience.

Anna Freud Centre (Schools in Mind and Mentally Healthy Schools)

[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

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 this link and password: <https://vimeo.com/470114913> Password: koothprof2010

Mermaids

[Information, CPD and training on gender diversity and supporting gender diverse children and young people](#)

Public Health Nursing 4 Slough

[School Nursing Team](#)

The Safe Project

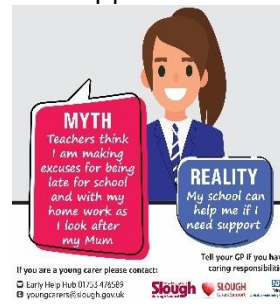
[Support for children & young people who have been affected by crime](#)

Young Carers – Myth and Reality campaign

Posters to raise awareness amongst young carers about the support available to them.



[Download posters here](#)



SPECIALIST SUPPORT for CHILDREN and YOUNG PEOPLE

Berkshire Healthcare NHS Trust
[Child & adolescent mental health service \(CAMHS\)](#)

BEREAVEMENT

An introduction to Traumatic Bereavement webinar

Provided by the Anna Freud Centre (Schools in Mind) this seminar will help to explain and identify traumatic bereavement, understand how it differs from 'normal' bereavement, and give education staff an introduction to how to support children and young people when experiencing a traumatic bereavement. It takes place on 15th June, 4.30-6.00pm. Further information and a booking link can be found here:

[An introduction to Traumatic Bereavement](#)

Traumatic Bereavement Resources

Free, evidence-based resources from the UK Trauma Council to support schools, colleges and practitioners working with traumatically bereaved children and young people. The resources will help adults in schools and colleges to identify and support children and young people experiencing a traumatic bereavement:

[Traumatic Bereavement Resources](#)

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

The Key for School Leaders

[Supporting pupils through bereavement](#)

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

Moving Up! The Transition to Secondary School is an animation and accompanying teacher toolkit, from The Anna Freud Centre, aimed at supporting year 6 pupils this term who will be preparing to transition to secondary school and year 7 pupils in September who have recently started at secondary school. [Moving Up!](#)

Kooth

Primary to Secondary Transition Support Sessions for Year 6 and Year 7 to support young people who may be feeling anxious about the transition from primary to secondary. These can be tailored to fit your needs & time frame. Please see the flyer below for more information and email [@Jenny Fennessy](mailto:@Jenny_Fennessy) to discuss and book.

The flyer is titled 'KOOOTH IN SCHOOLS' at the top. Below that, the main heading is 'PRIMARY TO SECONDARY SCHOOL TRANSITION' in large yellow letters. Underneath, it says 'Kooth workshops & Virtual Sessions'. The central image shows two people, a boy and a girl, holding hands. To the left of the image, the text reads: 'Mixed feelings about the jump into secondary school? You're not alone! Find free, safe and anonymous support for your mental wellbeing today.' Below the image is the Kooth logo and a sign-up link: 'Sign up for free at Kooth.com'. On the left side of the flyer, there is a box titled 'WHAT'S IN THE SESSION' with a bulleted list: 'About Kooth', 'How to sign up', 'Some of the site', 'Wellbeing quiz activities & interactive elements', 'Discussion around transitions', 'All sessions adaptable'. To the right of this box, the text says: 'SUPPORT FOR STUDENTS WHO ARE MOVING FROM PRIMARY TO SECONDARY'. Below this, it explains: 'Kooth have seen a 246% increase this year in young people presenting with issues related to stress and worries about school and college. We know that transitions can be difficult in general and it's been a particularly difficult year for students. Kooth can support your students with their wellbeing as they transition from primary to secondary by providing information on creating their Kooth account which is continuous from primary to secondary, and packed with lots of resources that will support them along the way. We can also support by facilitating one of our virtual transition from primary to secondary workshops.' At the bottom, it states: 'All of the sessions can be adapted to meet your students needs in terms of time and content. Get in touch with Jenny jfennessy@kooth.com for more information and to book.'

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 (Schools in Mind and Mentally Healthy Schools)

[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](#)

BBC Bitesize

Is your child feeling bored, flat and unmotivated? Advice for parents, carers and school staff to help them support children and young people who are feeling bored, flat and unmotivated: [How to support](#)

Berkshire Healthcare NHS Trust

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

Charlie Waller Trust

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

Frimley CCG (NHS)

[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](#)

GEMS – Autism and ADHD support service

GEMS offers information, support, workshops and courses to parents and carers of children with autism and ADHD within East Berkshire. They also offer a variety of workshops and activities for children from age 5 and young people up to the age of 19. Further information and contact details can be found on the GEMS website: [gems4health](#)

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](#)

MindEd

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

National Online Safety – Guides for Parents and Carers

An extensive selection of guides for parents and carers on a range of topics including: safer remote learning, apps such as House Party and TikTok, social media and the pressures it can put children young people under, screen addiction, 'sexting', 'trolling', gaming and gaming platforms, plus many others. The guides can be accessed through the new FREE [National Online Safety app for parents](#) or via the National Online Safety website [HERE](#)

[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.

Solihull Online Parenting Courses

Parents and carers living in Slough now have free access to online parenting courses backed by the NHS. The courses can be taken in English and community languages: Polish, Arabic, Hindi, Urdu, Bulgarian and Chinese. There are also courses to help parents whose children have special educational needs. Access to the courses and guides are free and unlimited with no expiry date, so they can be returned to at any time.

Visit www.inourplace.co.uk , create an account and apply the access code **PARENTING**

The courses now include a new **Understanding your Child's Mental Health and Wellbeing** module.

Young Minds

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

Parent and carer's helpline: 0808 802 5544

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](#)

Charlie Waller Trust

[Supporting children returning to school](#)

[Guides for schools & families](#)

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](#)

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/store/apps/details?id=com.craft.meettwo&hl=en_GB