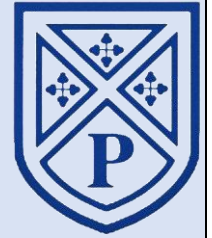


Mental Health Resource List



Resource	Produced by	E-mail address	Notes
Children's Mental Health Week 2021			
Express Yourself Activity Pack	Relax Kids	https://www.relaxkids.com/express	Activities to support Children's Mental Health Week
Express Yourself Children's Mental Health Week Toolkit	Mentally Healthy Schools and Anna Freud Centre	https://www.mentallyhealthyschools.org.uk/resources/express-yourself-children-s-mental-health-week-toolkit/	This toolkit includes resources for children and parents.

COVID -19 Specific Resources			
Rebuild and Recover Resources - Support the whole school community with this set of resources for children, parents.	Mentally Healthy Schools	https://mentallyhealthyschools.org.uk/mental-health-needs/rebuild-and-recover-resources?utm_source=nasen&utm_medium=twitter&utm_campaign=september&utm_content=rebuildrecovery	A set of practical resources to help make the transition back to school easier for everyone.

A selection of wordless books on several topics including Beating the virus, Good days and bad days during lockdown, having a test for Coronavirus and having a vaccine for Coronavirus	Books Beyond Words	https://booksbeyondwords.co.uk/	Short wordless stories that will help people to understand the current crisis.
Coronavirus: supporting Pupils' mental health and well-being	Anna Freud Centre NAHT PSHE Association	https://www.naht.org.uk/advice-and-support/coronavirus-information-and-resources/coronavirus-supporting-pupils-mental-health-and-well-being/	This guidance aims to help support children and young people with their mental health and well-being considering the impact of the coronavirus pandemic
Supporting your child during the coronavirus pandemic	Young Minds	https://youngminds.org.uk/find-help-for-parents/supporting-your-child-during-the-coronavirus-pandemic/	Tips, advice and where to get support for parents about their child's mental health during the coronavirus (COVID-19) pandemic.
Supporting children and young people's mental health	NSPCC Learning	https://learning.nspcc.org.uk/news/2020/april/supporting-children-young-people-mental-health	NSPCC have pulled together some resources to help you support the children and young people and families you know and work with through this challenging time.

<p>Impacts of lockdown on the mental health of children and young people.</p> <p>Free to download.</p>	<p>Mental Health Foundation</p>	<p>https://www.mentalhealth.org.uk/publications/impacts-lockdown-mental-health-children-and-young-people</p>	<p>This overview of evidence considers empirical studies of the mental health and wellbeing impacts of lockdown during both the COVID-19 pandemic and during similar health-related disasters in the past</p>
<p>Coronavirus: Wellbeing activity ideas</p>	<p>Place2Be</p>	<p>https://www.place2be.org.uk/our-services/services-for-schools/mental-health-resources-for-schools/coronavirus-wellbeing-activity-ideas-for-schools/</p>	<p>The ideas on this page can be helpful for all pupils, but particularly if they are finding changes unsettling.</p>
<p>Resources to boost your child's wellbeing during the Covid-19 pandemic.</p>	<p>Partnership for Children</p>	<p>https://www.partnershipforchildren.org.uk/what-we-do/childrens-wellbeing-activities-for-teaching-staff-and-families.html</p>	<p>The activities provided are based on the Skills for Life programmes. Parents can use them to help their child find healthy ways to deal with their feelings and reactions to the Covid-19 situation.</p>
<p>Coronavirus Support</p>	<p>Anna Freud Centre</p>	<p>https://www.annafreud.org/coronavirus-support/</p>	<p>Resources for parents, carers and young people</p>

General Resources			
Free Jigsaw School Recovery Packs	JIGSAW PSHE	Primary: https://www.jigsawpshe.com/recovery/ Secondary: https://www.jigsawpshe.com/recovery/11-16/	These resources will support students returning to the classroom.
Comprehensive selection of resources to support mental health and wellbeing.	Anna Freud Centre	https://www.annafreud.org/schools-and-colleges/resources/	
Moving Up – The transition to secondary school	Anna Freud Centre	https://www.annafreud.org/movingup/	Moving Up – The transition to secondary school
Mental health resources for schools and parents	Time to Change	https://www.time-to-change.org.uk/get-involved/get-involved-schools/school-resources	Mental health resources for schools and parents
Mental health support for young people service	NHS	https://www.nhs.uk/service-search/other-services/Mental-health-support-for-young-people/LocationSearch/1430	Type in your local postcode and find all the mental health services available in your area.
A whole framework for emotional well-being and mental health	National Children's Bureau	https://www.ncb.org.uk/sites/default/files/uploads/files/NCB%20School%20Well%20Being%20Framework%20Leaders%20Resources%20FINAL.pdf https://tinyurl.com/y4fdotuu	Wellbeing and good mental health should become a strategic priority, embedded into the culture and ethos of every school.

Mental Health	The Prince's Trust	https://www.princes-trust.org.uk/help-for-young-people/who-else/housing-health-wellbeing/wellbeing/mental-health	Comprehensive list of charitable organisations that support mental health issues
Children's mental health	NSPCC	https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/	Advice to help you support children who may be experiencing depression, anxiety, suicidal feelings or self-harm.
Mental Health Journals for Students			
Happy Confident Me	The Happy Confident Company	https://tinyurl.com/y554dp7t	The Happy Confident Me Journals are designed specifically to help kids aged 7-12 achieve greater levels of happiness and build their self-confidence.
The Happy Self Journal	The Happy-Self Journal	https://happyselfjournal.com/collections/all	A daily journal for children aged 6 to 12, based on scientifically proven methods that promote happiness, develop healthy habits for life and nurture enquiring minds.
Your Mood Journal	Penguin Books	https://www.penguin.co.uk/books/319/319096/your-mood-journal/9780241466698.html	This is the perfect toolkit for children looking to explore their emotions and build confidence in communicating their feelings.

Mental Health Journals Being Me – KS1 & 2 Understanding Me – KS2 & 3 It's all in the Mind – KS4 & 5 Live out Loud – KS3 & 4	Butterfly Print	https://www.butterflyprint.co.uk/product-category/mental-health/mental-health-journals/	Personal activity books that can be completed week by week.
COVID 19: My Journey...walking the path together	Butterfly Print	https://www.butterflyprint.co.uk/product/covid-19-my-journeywalking-the-path-together/	A colourful journal/activity booklet, aimed at children and young people across key stages, from year 6 and upwards.
Colour Away Your Worries: a calming colouring & drawing book	Hinton House Publishers	http://www.hintonpublishers.com/isbn_template.php?isbn=978-1-912112-69-2	Help young people to reduce stress levels and relax through colouring, doodling & drawing.
Apps			
Clear Fear App	Stem4 – App Store		Provides a range of ways to manage symptoms of anxiety.
MyPossibleSelf: Mental Health	My Possible Self Ltd – App Store		Clinically proven content to reduce stress, anxiety and low mood.
Calm	Calm.com - App Store		Meditation and sleep stories to help you relax.