

Mental Health guidance and materials

We are dealing with an unprecedented situation and for some of us, this will cause uncertainty and worry. As an adult, it may be hard to rationalise what we are dealing with, for our children it may be harder and explaining this to them when we ourselves are dealing with the unknown on a day by day basis will require all of us to work together and to share ideas, guidance, resources and support.

Please see below a selection of links to resources that you may find useful as an employee or a parent.

WHO - advise for parents and staff to help support children and their own well being

https://www.who.int/docs/default-source/coronaviruse/helping-children-cope-with-stress-print.pdf?sfvrsn=f3a063ff_2

<https://www.who.int/docs/default-source/coronaviruse/mental-health-considerations.pdf>

MIND – Details in how adults can support their own wellbeing

<https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/>

Action for Happiness – Provides a section for Schools and an app that provides daily and monthly wellbeing tasks for children. This month there is a ‘coping calendar’.

<https://www.actionforhappiness.org/calendars>

Mentally Healthy Schools bank of resources

https://www.mentallyhealthyschools.org.uk/media/1960/coronavirus-mental-health-and-well-being-resources.pdf?utm_source=newsletter&utm_medium=email&utm_campaign=coronavirus&utm_content=toolkit

Apps

Positive Penguins

For 8-12 year olds

Positive Penguins: an app to teach you how to catch your thinking and challenge it to be more optimistic, resilient and mindful?

<https://positivepenguins.com/>

Mindshift

Mindshift is designed to help teens and young people cope with anxiety by teaching them how to relax, develop more helpful ways of thinking and identify active steps to help take charge of anxiety

<https://healthyyoungmindspennine.nhs.uk/resource-centre/apps/mindshift/>

SAM

This is a self-help app for anxiety which includes a personal toolbox, negative thought buster, colouring exercise and information.

<http://sam-app.org.uk/>

Books for children and Young People

The Huge Bag of Worries

Jenny begins to worry about lots of different things and these worries build up and get out of control. She just can't get rid of them, until she meets the old lady next door who helps her feel better. A lovely story with fun illustrations encourages children to talk about their worries.

Starving the Anxiety Gremlin

For Children aged 5-9 or for Young People

A cognitive behavioural therapy workbook on anxiety management

