

## Supporting the social, emotional and mental health of children and young people – Resource and service directory



Area of support	Resources	Further support
Anxiety	<p><b>Save the children:</b> <a href="#">Relaxation activities</a>  <b>Mood café:</b> <a href="#">Relaxation activities</a>  <b>Mentally Healthy Schools:</b> <a href="#">Anxiety thermometer</a>  <b>Anna Freud:</b> <a href="#">Helping children and young people to manage anxiety booklet</a>  <b>Childline:</b> <a href="#">Worrying about the world</a>  <b>Prory group:</b> <a href="#">Understanding and dealing with my anxiety</a>  <a href="#">The Way We Feel – Healthy Schools intervention resource Primary and Secondary</a>            Anna Freud – <a href="#">7 ways to support children who are worried</a></p>	<p><b>Kooth-</b> free online counselling – chat to a counsellor!  <b>Youngminds</b> – advice, guidance, signposts to people who can help  <b>Chathealth</b> – School health texting service – 07507330205  <b>42<sup>nd</sup> Street</b> is a mental health charity exclusively for young people in Manchester, they offer free and confidential services to young people experiencing difficulties with their mental health and emotional wellbeing.</p>
Action planning	<p><a href="#">Charlie Waller: Wellbeing action plan KS2-KS4</a>  <a href="#">Childline – Coping Kit</a>  <b>Healthy Schools – Action Planning resources – Contact Emma.Pilling@mft.nhs.uk</b></p>	<p><a href="#">Childline Supporting Resources</a>  <a href="#">Charlie Waller - Resources</a>  <b>Healthy Schools – Emma.Pilling@mft.nhs.uk</b></p>
Bereavement	<p><b>Child Bereavement U.K:</b>  <a href="#">Interactive social story:</a> When someone special dies.  <a href="#">Coronavirus – Supporting people through difficult times.</a>  <a href="#">Managing grief – emotions</a>  <a href="#">Managing grief - behaviours</a>  <a href="#">Managing bereavement: A guide for schools</a>  <b>Alliance for Learning</b> – supporting those dealing with bereavement and grief during the coronavirus pandemic  <a href="#">Winston’s Wish</a> - Supporting children through coronavirus</p>	<p><b>Cruse:</b> One of the largest bereavement charities in the UK. They have a helpline <b>0808 808 1677</b>. Opening hours are <b>Monday-Friday 9.30-5pm</b> with extended hours on Tuesday, Wednesday and Thursday evenings open until 8pm.  <b>Child Bereavement UK:</b> National Helpline <b>0800 02 888 40</b> (Freephone. Monday – Friday, 9am – 5pm) <b>Email for bereavement support: <a href="mailto:support@childbereavementuk.org">support@childbereavementuk.org</a></b>  <b>42<sup>nd</sup> Street</b> is a mental health charity exclusively for young people in Manchester, they offer free and confidential services to young people experiencing difficulties with their mental health and emotional wellbeing.</p>

	<p><a href="#">Oxford Health NHS</a> - Coping with the coronavirus and bereavement</p> <p><b>Greater Manchester Bereavement Service:</b>  <a href="#">Remembering a loved one:</a> Little box of big thoughts</p>	
Depression/Low Mood	<p><b>Childline:</b> <a href="#">Mood journal</a>  <b>Healthy Schools:</b> <a href="#">My mind and me</a>  <b>Mentally Healthy Schools:</b> <a href="#">Depression and low mood resources</a>  <b>Kooth-</b> free online counselling – chat to a counsellor!  <a href="#">42<sup>nd</sup> Street</a> is a mental health charity exclusively for young people in Manchester, they offer free and confidential services to young people experiencing difficulties with their mental health and emotional wellbeing.</p>	<p><b>Childline</b>– phone or talk 24 hour support  <b>Youngminds</b> – advice, guidance, signposts to people who can help  <b>Samaritans</b> – Freetext, email and calling service.  <b>Stem4</b> – <a href="#">Supporting teenage mental health</a>  <b>Mentally Healthy Schools</b> – signposting and further information</p> <p><b>Chathealth</b> – School health texting service - <b>07507330205</b></p>
Exam stress	<p><a href="#">Manchester Healthy Schools - An emotionally healthy approach to exams – Workshop/assembly support.</a> Can be used for 1:1 support.</p> <p><a href="#">Young Minds – Exam stress support</a></p> <p><a href="#">Manchester Mind – Exam stress support</a></p> <p><a href="#">Childline – Exam stress and pressure</a></p>	<p><b>Youngminds</b> – advice, guidance, signposts to people who can help.  There is also an online messenger.</p> <p><b>Kooth</b> – Online counselling support.</p>
Managing change and transition	<p><a href="#">While We Can't Hug</a> - Social distancing video for early years  <a href="#">Place2Be</a> – Return to school primary resources (secondary coming soon)  <a href="#">Oxfordshire Hospital School</a> - From Covid-19 back to the classroom - A toolkit for meeting the emotional challenge  <a href="#">Evidence for Learning</a> – Think Piece - A</p>	<p>Star Academies Re-opening toolkit (Ctrl and click below) <a href="#">HOME</a></p> <p>Supporting post-lockdown education using the six principles of nurture <a href="https://www.epinsight.com/post/supporting-post-lockdown-education-using-the-6-principles-of-nurture">https://www.epinsight.com/post/supporting-post-lockdown-education-using-the-6-principles-of-nurture</a></p>

	<p>Recovery Curriculum: Loss and Life for our children and schools post pandemic</p> <p><b>Anna Freud:</b> <a href="#">A practical guide to support pupils and students to manage change during periods of disruption.</a></p> <p><b>Young Minds:</b> Finding your feet: <a href="#">Transition to Secondary School</a> <b>Young Minds:</b> <a href="#">Transitions for children with SEND</a></p> <p>Manchester Healthy Schools – <a href="#">Managing transition back to school</a></p>	<p>Barry Carpenter Education Recovery Curriculum – link to pdf download <a href="https://barrycarpentereducation.com/2020/04/23/the-recovery-curriculum/">https://barrycarpentereducation.com/2020/04/23/the-recovery-curriculum/</a></p> <p>Coram Life Education <a href="https://www.coramlifeeducation.org.uk/back-to-school-with-scarf">https://www.coramlifeeducation.org.uk/back-to-school-with-scarf</a></p> <p>Marilyn Tucknott resources <a href="http://www.marilyntucknott.com/returning-to-teaching-this-will-help/">http://www.marilyntucknott.com/returning-to-teaching-this-will-help/</a></p>
Managing and expressing emotions	<p><b>Healthy Schools:</b> <a href="#">The way we feel</a></p> <p><b>Mentally Healthy Schools: Tools for Managing emotions</b></p> <p><b>Mentally Healthy Schools:</b> <a href="#">The emotion wheel</a></p> <p><b>Anna Freud Centre:</b> <a href="#">Sentence starters</a></p> <p><b>Mentally Healthy Schools:</b> <a href="#">Anxiety thermometer</a></p> <p><b>Childline tool box –</b> <a href="#">Supporting children to articulate what they are saying.</a></p> <p><b>NHS :</b> <a href="#">What to do when things get too much</a></p> <p>Childline: <a href="#">Ask Sam – Express feelings through letter writing.</a></p> <p><b>Childline:</b> <a href="#">Wall of Expression Game</a></p>	<p><b>NHS</b> – Talking to children about their feelings.</p> <p><b>NHS</b> – Talking to teens about their feelings</p>
Self-care	<p><b>NHS :</b> <a href="#">Self-care Kit</a></p> <p><b>Healthy Schools:</b> <a href="#">Self-care guide</a></p> <p><b>Anna Freud:</b> <a href="#">Self-care guide</a></p> <p><b>Childline:</b> <a href="#">Calm zone activities</a></p> <p><b>Healthy Schools:</b> <a href="#">The Way We Feel</a></p>	<p><b>Kooth-</b> free online counselling – chat to a counsellor. Create a self-care plan.</p> <p><b>Anna Freud</b> – An introduction to self-care.</p> <p><b>Anna Freud</b> - Supporting Mental Health and Wellbeing of children and young people.</p>
Self-harm	<p><b>SelfharmUK:</b> Free online course for pupils struggling with self harm.</p> <p><b>Charlie Waller Foundation:</b> <a href="#">A Guide for school staff</a></p> <p><b>Young Minds:</b> <a href="#">Responding to Self- harm</a></p> <p><a href="https://selfharm.co.uk/alumina">https://selfharm.co.uk/alumina</a></p>	<p><b>SelfharmUK</b> – Information, guidance and further support.</p> <p><b>Young Minds</b> – Self harm guidance for parent/carers</p>

Sleep	<p><b>Sleep and good sleep habits:</b> <i>Free primary and secondary resources for sleep with <a href="#">PSHE Association</a> and <a href="#">Public Health England</a></i></p> <p><a href="#">Youngminds</a> – What to do if you are struggling to sleep?</p>	<p><a href="#">Young Minds</a> – Supporting children with sleep problems</p> <p><a href="#">NHS</a> – Sleeping tips for teens</p> <p><a href="#">CAMHS</a> – Sleep issues</p>
Suicide Prevention	<p><b>Youngminds:</b> <a href="#">Support for suicidal feelings</a></p> <p><b>HOPELINEUK:</b> Support for young people who have thoughts of suicide or for those who are concerned for a young person who might be you can contact HOPELINEUK for confidential support and practical advice Call: <a href="tel:08000684141">0800 068 4141</a> , Text: <a href="tel:07860039967">07860039967</a> , Email: <a href="mailto:pat@papyrus-uk.org">pat@papyrus-uk.org</a></p> <p><b>Youngminds:</b> Crisis Messenger</p> <ul style="list-style-type: none"> <li>•Provides free, 24/7 crisis support across the UK if you are experiencing a mental health crisis. If you need urgent help text YM to 85258</li> </ul> <p>All texts are answered by trained volunteers, with support from experienced clinical supervisors</p>	<p><a href="#">Shining a light on suicide:</a> Free 20 minute online suicide awareness training. Visit the same website for support on various aspects of coping with the pandemic from this angle.</p> <p><a href="#">Samaritans:</a> Loneliness, young people and suicide.</p>
Staff wellbeing	<p><b>Looking after your mental health:</b></p> <ul style="list-style-type: none"> <li>✓ Decide on your adjusted daily routine</li> <li>✓ Find ways to relax and be creative</li> <li>✓ Take care with news and information – if it makes you anxious limit the amount of news you receive</li> </ul> <p>See further advice from <b>Mind</b> - <a href="#">Coronavirus and your wellbeing</a></p>	<p><b>Education Support helpline:</b> free and confidential helpline is available 24/7 to everyone working in education and is available UK wide on 08000 562 561</p> <p><b>Anna Freud</b> - <a href="#">Looking after each other and ourselves:</a> A guide to supporting the mental health and wellbeing of staff at schools and colleges during periods of disruption</p> <p><b>Mind</b> – <a href="#">Coronavirus and your wellbeing</a> – tips and strategies</p> <p><b>Young Minds</b> – <a href="#">Parents Helpline</a> - advice and tips on a range of topics chosen by parents, for parents.</p>

	<p><b>NHS - <a href="#">Five Ways to Wellbeing</a></b></p> <p><b>1)Connect with other people</b> Facetime/skype/games online, check in with friends by calling them not just messaging</p> <p><b>2)Be physically active</b> If you can't get out to run/walk there are lots of YouTube exercise sessions! Try <a href="#">The Body Coach</a> or <a href="#">Yoga with Adriene</a></p> <p><b>3)Learn new skills</b> Keep your mind stimulated - learn a new language with <a href="#">Duolingo</a> or try your hand at <a href="#">gardening</a> or growing in your house!</p> <p><b>4)Give to others</b> Particularly important to stay giving right now - think about actions you could do for vulnerable people in your area – create something with your children for an elderly neighbour / offer to do help out with their shopping</p> <p><b>5)Pay attention to the present moment</b> Practice mindfulness with the <a href="#">Headspace App</a></p> <p>Live in Manchester City Council? Sign up to <a href="#">Manchester Libraries</a>, download the Borrowbox app and download books and audiobooks on to your phone/tablet all for free!</p> <p><b>Education support :</b> <a href="#">Top tips to look after yourself during coronavirus</a></p> <p><b>Education support:</b> <a href="#">Dealing with grief and loss</a></p> <p><b>Mind:</b> <a href="#">Managing stress</a></p> <p><b>Anna Freud:</b> <a href="#">Top ten tips to support staff wellbeing</a></p> <p><b>NHS Every mind matters:</b> <a href="#">Your mind plan</a></p> <p><b>Education support:</b> <a href="#">Anxious</a> , <a href="#">Isolated</a>, <a href="#">Grieving</a></p>	<p>Further mental health services for those affected by social restrictions from <a href="#">Greater Manchester Combined Authority</a>.</p>
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<p>Supporting Students during the Coronavirus</p>	<p><b>NHS Grampian</b> - A <a href="#">resource pack</a> for teenagers to help manage difficult feelings about coronavirus.</p> <p><b>NHS Grampian</b> - A <a href="#">resource pack</a> for children under 12 years old to help manage difficult feelings about coronavirus.</p> <p><b>Newsround Clip</b> – <a href="#">Coronavirus: Why it might not be as scary as it sounds</a></p> <p><b>Mental Health Organisation</b> - Coping with Coronavirus – a guide for young people</p> <p><a href="#">While We Can't Hug</a> - Social distancing video for early years</p> <p><a href="#">Place2Be</a> – Return to school primary resources (secondary coming soon)</p> <p><b>Anna Freud</b></p> <p><a href="#">Supporting the most vulnerable children and young people</a></p> <p><a href="#">Supporting the mental health and wellbeing of children and young people during periods of disruption</a></p> <p><a href="#">A guide to supporting school staff through periods of disruption</a>    <a href="#">Coronavirus: Advice for schools and colleges</a></p> <p><b>The PSHE Association</b> has created a useful document – <a href="#">Discussing coronavirus (COVID-19) with children and young people</a></p> <p>See the document for full details - key points include:</p> <ul style="list-style-type: none"> <li>• Create a safe learning environment with agreed ground rules</li> <li>• Be reassuring</li> <li>• Encourage questions and be honest</li> <li>• Keep up to date with government guidance</li> <li>• Reinforce hygiene routines</li> </ul>	<p><b>WHO</b> - <a href="#">Guidance</a> for talking to children about coronavirus.</p> <p><b>Place2Be</b> – <a href="#">Answering Children’s Questions about coronavirus</a></p> <p><b>Mental Health Foundation</b> – <a href="#">Talking to your children about the coronavirus pandemic</a></p>
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|  | <ul style="list-style-type: none"><li>• Discuss ways to support their wellbeing</li><li>• Address misconceptions and untruths</li></ul> <p><a href="#">Anna Freud</a> – Supporting Schools and Colleges: A guide to supporting the mental health and wellbeing of pupils and students during periods of disruption</p> |  |
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Wellbeing Apps

**Self-harm**

- Self-heal
- Calm Harm
- Alumnia

**Depression and anxiety**

- BASE
- MindShift
- MoodKit
- Positive Penguins (8-12)
- SAM
- Stop Panic and Anxiety Self-help

# Recognising and Regulating Emotions

Have a go at filling this sheet in by yourself or together with a helpful adult. Remember, we want to try to be in the middle zone. Moving up and down happens when our emotions change, but it helps if we know what might make this happen and what we (and those supporting us) can do to move back a level.

	What Emoji I think this is	What Colour this is for me	My Emotional Level	How this feels for me	What makes me feel this way	How Can I tell – what happens to me when I feel this way	What I can do to help	What others can do to help
5			HOT					
4			WARM					
3			CALM					
2			COOL					
1			COLD					



## Wellbeing Check In



How are you feeling today?



*(Feel free to just circle an answer in the above diagram, you can write about how you are feeling or do both)*

Are you experiencing any of the following issues at the moment?

Feeling anxious/worried/fearful [ ]      Lonely or isolated [ ]      Overwhelmed [ ]

Experiencing a bereavement [ ]      Low mood/low motivation [ ]      Struggling with classwork [ ]

Other (please state) \_\_\_\_\_

How is this situation affecting you?

What could you do to make your situation better?

*(Look at the self-care and sources of support sheet to help you to decide what might be most helpful)*

<b>1)</b>	<b>2)</b>	<b>3)</b>
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Thank you for completing. A staff member will be in contact with you to support you. Please specify if there is a certain member of staff that you would like to speak to:

\_\_\_\_\_

## Wellbeing Check in



**Take a moment to reflect on the last few months. How do you feel that you have dealt with the changes and challenges?**

*(Feel free to write about any challenges that you have faced, how you have been feeling, anything you have found particularly hard)*


**How are you feeling today?**



*(Feel free to just circle an answer in the above diagram, you can write about how you are feeling or do both)*

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**Are you currently experiencing anything at the moment that you would like support with?** *(Feelings, situations, worries/fears etc)*

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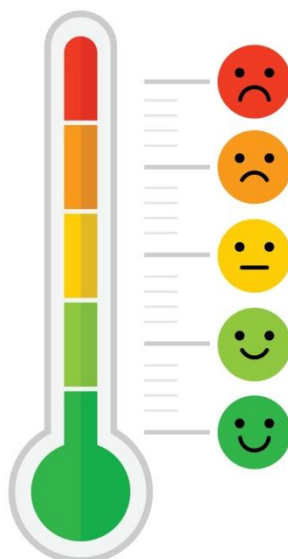
Thank you for completing. A staff member will be in contact with you to support you. Please specify if there is a certain member of staff that you would like to speak to:

\_\_\_\_\_

## Wellbeing Check-in



*Put an arrow on the 'Feelings Thermometer' to best describe how you feel.*



**How are you feeling today? (tick)**

Happy [ ] Calm [ ] Sad [ ] Worried [ ] Unsure [ ]

**Do you know what is making you feel this way?**

Yes [ ] No [ ] A little bit unsure [ ]

**Is there anything that you would like to speak to a teacher about? (tick)**

Yes – I need some help. [ ]

No – I am feeling ok. [ ]

I would like to speak to: \_\_\_\_\_

