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| **General Information for Children’s Mental Health and Wellbeing** | <https://safespot.org.uk/> | An iPhone and Android app that promotes positive mental wellbeing in children and young people and has been designed to help children and young people with their coping skills. |  |
| <https://mindedforfamilies.org.uk/young-people/> | Advice and resources for families on supporting children’s mental health. |  |
| <https://youngminds.org.uk/media/3822/how-i-m-feeling-worksheet.pdf> | A worksheet to help pupils express their feelings and understand what may have triggered them. For use with pupils in school or at home. |  |
| <https://www.mentallyhealthyschools.org.uk/resources/emotional-check-in/> | Tools to support an emotional check-in with pupils. |  |
| <https://www.mentallyhealthyschools.org.uk/resources/anxiety-thermometer/> | An anxiety thermometer as a wellbeing measurement tool. |  |
| <https://www.mentalhealthatwork.org.uk/toolkit/ourfrontline-education/> | Supporting adults' Mental Health including during the pandemic. Round-the-clock one-to-one support by call or text from trained volunteers, plus resources, tips and ideas to look after your mental health. |  |
| [NHS 24hr Mental Health Advice](https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.nhs.uk%2Fservice-search%2Fmental-health%2Ffind-an-urgent-mental-health-helpline&data=04%7C01%7CAna.Lekaj%40phe.gov.uk%7C484e30516c4f40235b4608d89203fe0f%7Cee4e14994a354b2ead475f3cf9de8666%7C0%7C0%7C637419893148457493%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=UHmcMH4ZXP9SlqKQpfw%2BlNxvi2zHZ%2Bn8eME5CfmcLrg%3D&reserved=0)  | Mental Health Helplines for Urgent Help - NHS 24-hour advice and support for you, your child, your parent or someone you care for. Help is available to speak to a mental health professional. |  |
| [NHS IAPT Free Online Adult Psychological Therapies](https://www.england.nhs.uk/mental-health/adults/iapt/) | Free online NHS adult psychological therapies, such as cognitive behavioural therapy (CBT), for common problems involving stress, anxiety and depression. IAPT services can be accessed either through a self-referral by contacting your [Local IAPT](https://www.nhs.uk/service-search/find-a-psychological-therapies-service/) or via your GP. |  |
| [Cruse Bereavement Care](https://www.cruse.org.uk/get-help/coronavirus-bereavement-and-grief) | Coronavirus, Bereavement and Grief online information, advice and support.  | Helpline: 0808 808 1677 |
| [Headspace](https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.headspace.com%2Feducators&data=04%7C01%7CAna.Lekaj%40phe.gov.uk%7C484e30516c4f40235b4608d89203fe0f%7Cee4e14994a354b2ead475f3cf9de8666%7C0%7C0%7C637419893148457493%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=6mlzbAYnMRnOilwWe8mrd4rIfAyp%2Bil%2FPRYjnMo1WTw%3D&reserved=0)  | Headspace for Educators offers educators access to free mindfulness and meditation exercises and resources for every age group, and a free Headspace Meditation App. |  |
| [Centre for Mental Health](https://www.centreformentalhealth.org.uk/sites/default/files/2020-07/CentreforMentalHealth_Covid_MH_resource.pdf) | Supporting Mental Health during Covid-19: a brief guide |  |
| Public Health England Every Mind Matters <http://www.nhs.uk/oneyou/every-mind-matters> | Looking After Your Mental Health Resources aims to support everyone to feel more confident in taking action to look after their mental health and wellbeing by promoting a range of self-care actions. |  |
| [Young Minds](https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fyoungminds.org.uk%2Fresources%2Fschool-resources%2F10-wellbeing-tips-for-school-staff%2F&data=04%7C01%7CAna.Lekaj%40phe.gov.uk%7C0533c6e790c1472b1ca808d88beab13b%7Cee4e14994a354b2ead475f3cf9de8666%7C0%7C0%7C637413188603241177%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=TaWlMa269wFMTIG3genx%2FcZtlZCeBvKfWBPkaLgh3J0%3D&reserved=0)  | Wellbeing Tips |  |
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| **COVID Specific Mental Health and Wellbeing Support**  | [COVID guide for children](https://www.childrenscommissioner.gov.uk/report/childrens-guide-to-coronavirus/) | Children’s guide for children and young people about the coronavirus, including proactive advice to support mental wellbeing. |  |
| <https://www.nhs.uk/oneyou/every-mind-matters/> | A website that aims to support everyone, including children and young people, to feel more confident in taking action to look after their mental health and wellbeing by promoting a range of self-care actions. It has been adapted to include advice and support about mental health issues that may have arisen because of the pandemic. |  |
| <https://youngminds.org.uk/about-us/reports/coronavirus-impact-on-young-people-with-mental-health-needs/> | Provides online information on COVID-19 and mental health support to children and young people. |  |
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| **Mental Health Support for Parent/Carers** | <https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing> | For parents and carers on looking after the mental health and wellbeing of children or young people during the Covid-19 outbreak. |  |
| <https://www.mentallyhealthyschools.org.uk/risks-and-protective-factors/coronavirus-supporting-childrens-mental-health/> | Free coronavirus and mental health toolkits with useful resources and guidance to support school staff, parents and carers through the challenges they face as a result of the pandemic. This includes:* Resources for managing anxiety and improving wellbeing
* Dealing with the effects of lockdown
* Resources for building resilience
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| <https://www.annafreud.org/media/11246/option-3-covid-advice-families2.pdf> | Top tips to help families work together and support one another during the coronavirus outbreak. |  |
| <https://www.barnardos.org.uk/see-hear-respond-support-hub> | Information for parents and carers to help with some of the challenges the pandemic has presented. |  |
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| **Specific and Targeted Intervention support for Children** | <https://letstalkloneliness.co.uk/advice/> | This website provides a whole host of resources and information for those feeling lonely, including blogs and podcasts from those who have experienced loneliness. | Loneliness |
| <http://www.childhoodbereavementnetwork.org.uk/schools.aspx> | A range of resources to help schools to respond to a bereavement and to provide support to bereaved pupils and their families. It also includes signposting to local bereavement services. | Bereavement |
| <https://www.psych.ox.ac.uk/news/new-guide-for-parents-who-are-coping-with-their-child2019s-self-harm-2018you-are-not-alone2019> | Support for young person in dealing with self-harm. | Self Harm |
| <https://www.beateatingdisorders.org.uk/coronavirus> | Advice and support on eating problems and disorders:* Helpline: 0808 801 0677
* Youthline: 0808 801 0711
* Studentline: 0808 801 0811
 | Eating Disorders |
| <https://www.papyrus-uk.org/> | Provides confidential advice and support for young people who feel suicidal:* HOPEline UK: 0800 068 41 41
* Text: 07786 209 697
* Email:pat@papyrus-uk.org
 | Suicide Prevention |
| <http://www.samaritans.org/> | **A national organisation**for anyone in distress and in need of immediate support:* Tel: 0116 123
* Email: jo@samaritans.org
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| <https://uktraumacouncil.org/resources/coronavirus-and-trauma> | **Resources on trauma** | Trauma |
| <https://www.childline.org.uk/> | **Advice for children** |  |