

Mental Health and Wellbeing – National Resources

Research Dr Gavin Lockhart Consultant Clinical Psychologist: Clinical Lead CYP Mental Health

- Anna Freud (<https://www.annafreud.org/coronavirus-support/>)
- Schools in Mind (Anna Freud) advice for parents and carers (<https://www.annafreud.org/what-we-do/schools-in-mind/resources-for-schools/>)
- MindEd for families (<https://mindedforfamilies.org.uk/>)
- Supporting pupil and student mental wellbeing for school and college staff (Public Health England and NHS England) Webinar recording: www.youtube.com/watch?v=MYmBLnSQh3M
- The Recovery Curriculum: <http://www.recoverycurriculum.org>
www.engagement4learning.com
- Angela Greenwood video regarding- Nurturing Bubbles <https://youtu.be/29m9S00sXSo>
- Agenda Online: The resource has been created by Cardiff University for educational practitioners to support children and young people (age 7-18). The resource covers a broad range of topics mental health, body image, equality..<http://agendaonline.co.uk/>
Webinar on how Agenda has been used across schools and youth settings
<https://vimeo.com/437795298/419f36f53e>

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Mental Health and Wellbeing - Local Resources

Emerging Minds – Free evidenced based resources for families and professional – printed materials and webinars/podcasts: <https://emergingminds.org.uk>

Recordings and presentation slides include:

- Supporting children with their worries and anxiety
- Teens, Screens & Quarantines
- Back to School After Lockdown - Slides 7/13
- Teen Sleep during COVID-19
- Living through lockdown: social isolation & mental health
- Supporting autistic children & young people
- Supporting young people who self-harm

Coping Guides

Family Life during lockdown

Five ways to Wellbeing

Young Person's guide

Link: <https://www.eastberkshireccg.nhs.uk/our-work/coping-guides/>

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Mental Health and Wellbeing RBWM Resources

Inclusion Service: Returning to School. A Guide for the School Community

- EPS: Coaching/consultation sessions, multi-agency responses to c/yp/families
- Behaviour Support: Transition (Onwards and Upwards) and Nurture Group/Whole School Nurture Support
- EWS: Meetings for children, young people, parents or carers, particularly for those who are struggling to return to school due to anxiety.
- School Support/Advisory Teachers: Designing of bespoke 'returning to school' sessions for targeted pupils.
- Wellbeing: Supporting contact with children, young people and their families or carers regarding emotionally based school refusal, working together with other teams.

Mental Health and Wellbeing Toolkit

Emotionally Based School Refusal

School Readiness Checklists - <https://www.ncb.org.uk/resources-publications>

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Mental Health and Wellbeing RBWM Resources

Early Help

Local Offer

Partner Agencies: No.22 Counselling Service, Family Friends, The Autism Group, Autism Berkshire.

Nurture Groups/Whole School Nurture: Education Scotland: Applying Nurture as a Whole School Approach.

Emotional Literacy Support Assistants

<https://www.elsa-support.co.uk/category/free-resources/coronavirus-support/>

Wellbeing Champions

Attachment Aware Schools Award

DfE Wellbeing Return to Education - Recovery Training and Support

Kooth: <https://xenzone.com/kooth/>

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