**Online resources to support Mental Health and Wellbeing can be found on the following websites.**

* **NSPCC** – Recognising the signs that a child may be struggling with their mental health and wellbeing can be really hard. NSPCC have got advice to help you support your child who may be experiencing depression, anxiety, suicidal thoughts or self-harm. <https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/>
* **CAMHS** – A really helpful website which includes, downloadable self-help activities, information guides, information and more. [https://www.camhs-resources.co.uk](https://www.camhs-resources.co.uk/)
* **YoungMinds** – This website offers advice for you to help your children and a free telephone service. **Call the Parents Helpline: 0808 802 5544**(Monday to Friday 9.30am – 4pm, free for mobiles and landlines). <https://youngminds.org.uk/resources/>
* **Anna Freud** – This charity is dedicated to providing training and support for child mental health services. <https://www.annafreud.org/>
* **Public Health England and the NHS** – Offer advice on how to take simple steps to look after their mental health, improve their mental wellbeing and support others. <https://www.nhs.uk/oneyou/every-mind-matters/>
* **Mind** – This is a charity which offers advice and support, especially around the ‘5 ways to wellbeing.’ <https://www.mind.org.uk/workplace/mental-health-at-work/taking-care-of-yourself/five-ways-to-wellbeing/>
* **The Samaritans** – This charity offers confidential support for people with feelings of distress. <https://www.samaritans.org/>
* **Time to Change** – A growing movement of people changing how we all think and act about mental health. <https://www.time-to-change.org.uk/>
* **The Great Dream – Ten Keys to Happier Living** – Is a movement of people from all over the world taking action to build a happier and more caring society. Through extensive research, the charity have identified **10 Keys to Happier Living** that consistently tend to make life happier and more fulfilling. Together they spell “GREAT DREAM”. We use this philosophy in school to improve MHWB in pupils. https://www.actionforhappiness.org/10-keys-to-happier-living
* **Five ways to well-being** – <https://www.bing.com/videos/search?q=five+steps+to+wellbeing+nhs&&view=detail&mid=9B96A75AB0CACEBB56669B96A75AB0CACEBB5666&&FORM=VRDGAR>
* **Winston’s Wish** – The leading childhood bereavement charity in the UK, offering practical support and guidance to bereaved children and their families and professionals. <https://www.winstonswish.org/>
* **Harbour**– This charity provides assistance to families and individuals affected by domestic abuse. <https://www.myharbour.org.uk/>

**Supporting your child during the coronavirus outbreak**

* **Public Health England** – [Guidance for Parents and Carers on Supporting Young People’s Mental Health and Wellbeing during Covid-19](https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing). https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing
* **Action for Happiness** – [How to keep yourself Happy and Healthy During Covid-19](https://www.actionforhappiness.org/news/how-to-keep-mentally-healthy-during-uncertain-times) https://www.actionforhappiness.org/news/how-to-keep-mentally-healthy-during-uncertain-times
* [**Young Minds**](https://youngminds.org.uk/find-help/looking-after-yourself/coronavirus-and-mental-health/) – Covid-19 and Mental Health. <https://youngminds.org.uk/find-help/looking-after-yourself/coronavirus-and-mental-health/>
* **‘Many ways to share a hug’ – Social Story.**<https://www.childhood.org.au/app/uploads/2020/04/hug_HR.pdf>
* **Ten tips for talking to your child.**<https://youngminds.org.uk/blog/talking-to-your-child-about-coronavirus/#ten-tips-from-our-parents-helpline>
* **How to tell children and young people that someone is seriously ill.**[https://www.winstonswish.org/telling-children-young-people-serious-illness](https://www.winstonswish.org/telling-children-young-people-serious-illness/)
* **A lovely, printable 14 day mindfulness activity challenge.**<https://www.elsa-support.co.uk/wp-content/uploads/2020/03/Coronavirus-home-challenge.pdf>
* **A coronavirus story.**<https://www.elsa-support.co.uk/wp-content/uploads/2020/03/Coronavirus-story-for-children-1.pdf>
* **Dr Chris and Dr X are here to tell you why the coronavirus might not be as scary as it sounds.**<https://www.bbc.co.uk/newsround/51342366>
* **Public Health England** – Coronavirus, looking after your feelings and body. <https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/876996/Easy_read_looking_after_your_feelings_and_body.pdf>

**Calming Activities, Mindfulness, Breathing, Yoga Videos and More…**

* **GoNoodle** – This site has hundreds of ‘braincercise’, dancing, strength and mindfulness videos – as well as videos for fun! https://app.gonoodle.com
* **Childline Calm-Zone**. [https://www.childline.org.uk/toolbox/calm-zone](https://www.childline.org.uk/toolbox/calm-zone/)
* **Cosmic Yoga** – https://www.youtube.com/user/CosmicKidsYoga
* An activity for grounding and calming. <https://kristinamarcelli.wordpress.com/2015/07/14/hold-a-sense-of-inner-peace-with-you-wherever-you-go/>
* **Just Breathe** – A video aimed at children to help them feel calmer. <https://www.youtube.com/watch?v=RVA2N6tX2cg>
* **150 Sensory Learning Ideas**. [https://inclusiveteach.com/2020/03/20/150-sensory-learning-ideas](https://inclusiveteach.com/2020/03/20/150-sensory-learning-ideas/)
* **‘100 positive things every kid needs to hear’**. [https://raising-independent-kids.com/100-positive-things-every-kid-needs-hear](https://raising-independent-kids.com/100-positive-things-every-kid-needs-hear/)

**Apps for Wellbeing and Mental Health**

* **A list of apps complied by Dorset Young Minds**. [http://dorsetmindyourhead.co.uk/minding-my-head/apps-for-wellbeing-and-mental-health](http://dorsetmindyourhead.co.uk/minding-my-head/apps-for-wellbeing-and-mental-health/)
* **Stop, Breathe and Think App** – check in with how you’re feeling and try short activities tuned to your emotions. [https://www.stopbreathethink.com](https://www.stopbreathethink.com/)
* **Smiling Mind App** – A great app with age specific mindfulness resources, including a new resource, ‘Thrive Inside’. Thrive Inside is a special program to help you stay psychologically healthy while you’re spending extended periods of time at home. [https://www.smilingmind.com.au](https://www.smilingmind.com.au/)
* **Cosmic Kids Yoga and Mindfulness App**– This app often has a two week trial available. [https://www.cosmickids.com](https://www.cosmickids.com/)

**Helpful Articles**

* **The discomfort you’re feeling is grief**. <https://hbr.org/2020/03/that-discomfort-youre-feeling-is-grief>

**Telephone Helplines**

* **Samaritans** – If you need to talk to someone, the Samaritans can help- they offer emotional support and a listening ear 24 hours a day, 365 days a year. This is a free phone number that can even be called from a mobile that has no credit. Your call will not appear on the phone bill. Call 116 123 or email jo@samaritans.org (24 hours a day, 365 days a year)
* **Childline** – Comforts, advises and protects children 24 hours a day and offers free confidential counselling. Call 0800 1111 (24 hours)
* **NSPCC Helpline** – If you’re worried about a child, even if you’re unsure, contact our professional counsellors for help, advice and support. Call 0808 800 5000 or email help@nspcc.org.uk
* **CALM Helpline** – Confidential support for men, 7 days a week, 5pm to midnight, free Call 0800 58 58 58. <https://www.thecalmzone.net/>
* **National Domestic Abuse Helpline** – Free, confidential, 24 hour helpline. Call 0808 2000 247 [https://www.starsdorset.org](https://www.starsdorset.org/)
* **Women’s Aid** – Information and support for women  experiencing domestic violence
* Live Chat [https://chat.womensaid.org.uk](https://chat.womensaid.org.uk/) [https://www.womensaid.org.uk/covid-19-coronavirus-safety-advice-for-survivors](https://www.womensaid.org.uk/covid-19-coronavirus-safety-advice-for-survivors/)
* **Citizens Advice** – Providing advice on issues such as debt management and welfare benefits, housing, immigration and asylum, employment, consumer complaints and landlord-tenant disputes. Due to increased demand for this service Citizens Advice advise people to use the website first. [https://www.citizensadvicebcp.org.uk](https://www.citizensadvicebcp.org.uk/) Call – 0344 411 1444
* **Winston’s Wish** – Supports bereaved children, young people and their families. Call 0808 802 0021 [https://www.winstonswish.org](https://www.winstonswish.org/)

**Advice for parents/carers**

The government has produced a useful webpage listing sources of advice and support for keeping children safe. The guide includes information about:

* Protect children from domestic abuse
* Teenage relationship abuse
* Child sexual abuse and exploitation
* Sexual assault referral centres
* Crime, Criminal Exploitation and County Lines, violence and gangs
* Protect children from radicalisation
* Prevent
* Online child safety
* Mental health

[Government Publication – Coronavirus Covid 19 – Keeping Children Safe from Abuse and Harm – Advice to Parents](https://www.gov.uk/government/publications/coronavirus-covid-19-keeping-children-safe-from-abuse-and-harm/advice-to-parents-and-carers-on-keeping-children-safe-from-abuse-and-harm)