

Wellbeing and mental health:

We know that many children and families are finding this situation a struggle and we recognise the social, emotional and health impacts that changes like those we are experiencing have on everyone. We know staff are communicating with families about concerns they may have. In addition, there is a lot of support on-line for parents/carers and children. The following websites are a good place to start:

<https://www.childline.org.uk/>

<https://mindedforfamilies.org.uk/young-people>

<https://cypmhc.org.uk/>

<https://www.barnardos.org.uk/>

<https://www.actionforchildren.org.uk/support-for-parents/children-s-mental-health/>

<https://youngminds.org.uk/>

<https://contact.org.uk/>

<https://www.nhs.uk/conditions/stress-anxiety-depression/improve-mental-wellbeing/>

Wellbeing is shown to be a protective factor of our mental health e.g. if we feel we have a good standard of wellbeing, then we are less likely to experience mental health issues. These are the 5 steps for wellbeing with a link to additional information. Research tells us that if we do these things we are more likely to feel that we have good wellbeing.



<https://www.nhs.uk/conditions/stress-anxiety-depression/improve-mental-wellbeing/>

Helpful links with me from Bexley Safeguarding Partnership's eBulletin.

Rockpool Supporting Parents and Children Emotionally (SPACE)

Rockpool <https://rockpool.life/> have produced five factsheets for parents and practitioners with the aim of providing information by using trauma awareness about children's and adult's emotional behaviour:

- Factsheet 1: Being Safe

<https://rockpool.life/wp-content/uploads/2020/04/SPACE-Factsheet-one-being-safe-cr.pdf>

- Factsheet 2: Keeping Connected

<https://rockpool.life/wp-content/uploads/2020/04/SPACE-Factsheet-two-keeping-connected-2.pdf>

- Factsheet 3: Understanding Resilience

<https://rockpool.life/wp-content/uploads/2020/04/SPACE-Factsheet-three-understanding-resilience-RP.pdf>

- Factsheet 4: A Nurturing Environment

<https://rockpool.life/wp-content/uploads/2020/05/SPACE-Factsheet-four-nurturing-environment-Rock-Pool-2.pdf>

- Factsheet 5: Understanding Emotions and Healthy Relationships

<https://rockpool.life/wp-content/uploads/2020/05/SPACE-Factsheet-five-healthy-relationships-RP-3.pdf>

Boys In Mind have been making #gettingthroughthistgether films over this lockdown period. Please follow the below link to view:

<https://boysinmind.co.uk/>

This week the theme is using music to cope - and one film was made by Louis in Y11 - who has been creatively busy making and recording music in Lockdown.

Here's the link: <https://www.facebook.com/watch/?v=806283479899878>

Coronavirus Covid-19 information and support – The Children's Society

The Children's Society has a range of support materials for young people, parents and schools in their mental and emotional health resource 'vault' including:

- Anxiety
- Depression and Mood
- Loneliness
- Obsessive compulsive disorder
- Phobias
- Self care
- Emotional resilience
- Mental Resilience

The resources can be found here: <https://www.childrensociety.org.uk/coronavirus-information-and-support>

Children and Young people – keeping you safe in your home and online

These are difficult times. You may be feeling anxious or feeling unsafe in your home. Here are some people you can talk to or places you can go to for support and advice.

ChildLine is a free, private and confidential service where you can be you. Whatever your worry, whenever you need help, however you want to get in touch. They are there for you online and on the phone

Call Child line on : 0800 111

(open from 9am each day for calls and [1-2-1 counsellor chats](#))



Child line can also offer advice about how to ask for help:

[Asking an adult for help](#)

Are you worried about what is happening in your family? Are there arguments or violence at home? Go to www.thehideout.org.uk for advice and guidance and [watch this video to find out about what domestic abuse is](#).

Young Minds can help with anxiety and mental health support including if you are struggling with self isolation and the impact of coronavirus

The Samaritans can be contacted at any time and you can talk to them in your own way, and off the record – about whatever's getting to you. You don't have to be suicidal. Call anytime, day or night 116 123.

SAMARITANS

Staying safe online

You are likely to spending more time on line than usual. Keeping yourself safe on line is really important. Here are places you can go for advice and to report something you are worried about online.

CEOP help children stay safe online. Has someone acted inappropriately towards you online, or to a someone you know? It may be sexual chat, being asked to do something that makes you feel uncomfortable or someone being insistent on meeting up.

You can report it here: <http://www.ceop.police.uk/Safety-Centre/>

Thinkuknow has advice for all ages about staying safe on your phone, tablet or a computer – have a look



Support for children and young people



Please see below the top wellbeing tips from one of our own Y8 students for keeping safe and healthy during lockdown...

My top tips on staying safe and healthy during lockdown.

- 1.** Number one exercise, exercise is important it helps to take your mind of things and helps with anxiety depression and lots more.
- 2.** Number two speak with your friends and family, if you are unable to meet up whilst keeping your distance like some people then simply a phone call or a video call just to check up on them and see how they are doing.
- 3.** Number three do some sort of school work, I know not many of you will want to do schoolwork however if you get on and do it, it will take your mind of things and help you later on in life.
- 4.** Number four have some time to yourself, it is important to reflect on the day and check in on yourself to make sure your ok and feeling safe.
- 5.** Number five talk to someone if you have a problem or worried about something, whether it be a friend, teacher, family member, parent or family friend-talking always helps.
- 6.** Always have a little bit of fun, whether it be going for a fun walk, watching a movie or just making something. It will help you take your mind of things for a tiny bit.
- 7.** And finally, relaxation, make sure you get a good sleep for the next day.



New domestic abuse out of hours helpline – From Wiltshire Council:

A new domestic abuse out of hours helpline that went live from Friday 8 May. You can read more on this on this [website](#).

The Children's Commissioner's "digital 5 aday" campaign gives tips on how children can connect with each other, and look after their own mental wellbeing.

Parent Support Network:

<https://www.facebook.com/parentsupportnetwork.org/videos/242474900491367/>

Mental Health Foundation:

- Random Acts of Kindness during the coronavirus outbreak
- Anna Freud National Centre for Children and Families:
- Advice for young people, parents and carers, schools and colleges

KOOTH : visit www.Kooth.com

- Online mental health and wellbeing support to young people aged 11-18 on any internet accessible device. Kooth provides an opportunity to interact in a supportive way with other young people as well as receive support from a qualified counsellor.

Off The Record (OTR): provides confidential support for people aged 10-25. If you need support please visit the website and complete a short referral form. www.offtherecord-banes.co.uk/contact

- They offer the following support via phone, video or messenger:
- Listening Support – a 20-minute confidential session for young people to talk about anything
- Counselling – a 50-minute session with our counsellor, you will have a chance to explore issues in more depth.
- Virtual 'Okay cafes' - a safe space for young people to connect, chat and have fun.
- Virtual SPACE - If you are aged between 13-21 years and identify as Lesbian, Gay, Bisexual, Trans, Asexual, and/or questioning your sexuality and/or gender identity, then OTR has weekly LGBT+ youth group online.

MoodGYM: <https://moodgym.com.au>

- is a free, fun, interactive programme to help young people with low mood. Based on cognitive behaviour and interpersonal therapy, it consists of modules, which help you to explore:
- Why you feel the way you do
- Changing the way you think
- Knowing what makes you upset
- Assertiveness and interpersonal skills training

Wiltshire Council support:

The council has set up a dedicated hub to take phone calls from people who need support during the ongoing COVID-19 situation. The Wiltshire Wellbeing Hub is available to anyone who is struggling during this difficult time, and the team can signpost them to where additional help is available in their local area – with hundreds of community groups set up across the county providing invaluable assistance. They can also support with deliveries of food and other essentials.

People can get in touch with the hub by calling 0300 003 4576 and it's available from 8am-8pm Monday-Friday and 10am-4pm Saturday and Sunday or via email at [wellbeinghub@wiltshire.gov.uk/](mailto:wellbeinghub@wiltshire.gov.uk)

Wiltshire Wellbeing Hub pdf

- The **NSPCC** has created a number of resources to support parents and carers during this difficult time. Topics include:
 - Talking to a child worried about coronavirus
 - Parents working from home
 - Children staying home alone
 - Lockdown and separated parents
 - How to cope with tantrums and other difficult behaviour

The advice can be found on the NSPCC website here: <https://www.nspcc.org.uk/keeping-children-safe/coronavirus-advice-support-children-families-parents/>

- Links to some really useful films about mental health in the current crisis, produced by young people for young people. These have arisen from the Boys in Mind, Girls Mind Too project which St Laurence has been part of. Children and young people between the ages of 3 and 21 have been involved to date and have made films of around 1 to 2 minutes illustrating the range of activities they've been involved in and giving support, advice and tips to their peers and parents/carers:

<https://boysinmind.co.uk/getting-through-this-together/>

<https://www.facebook.com/pg/boysinmind/videos>

Wiltshire Early Mental Health and Counselling Support Service

Who are we?

Barnardo's has been commissioned by Wiltshire Council to improve outcomes for children and young people with emotional wellbeing and/or emerging low level mental health needs.

The service provides a range of evidence based interventions, information, advice, support and positive activities

Who do we support?

Children and young people aged 5-18 who may be experiencing

- low mood
- panic, stress, worry and low level anxiety
- have problems sleeping
- have anger difficulties
- have low self-esteem
- relationship difficulties with family or friends
- relationship problems at school or in the community (including bullying),
- Feeling overwhelmed by pressure eg in relation to school work.

On Your Mind website – www.onyourmind.org.uk

Information for young people and for parents / carers including links to resources and organisations that can support with emotional wellbeing.

A webchat facility and webinars for parents are currently being developed.

Decider skills groups – *currently a one to one online offer*

A programme based on cognitive-behavioural therapy to build skills and strategies for children and young people and their families. Groups will be delivered for primary aged and secondary aged children and young people to build resilience and wellbeing.

Positive activities – *in development*

Activities which will be co designed with young people and delivered in partnership with other Wiltshire services to promote the 5 steps to wellbeing.

Counselling / therapy – *currently an online or phone offer only*

- For children and young people aged 5-18 who are not currently accessing CAMHS or another similar wellbeing intervention.
- An average of 6 sessions
- Provided online, by phone or face to face.

We are working closely with other specialist providers in Wiltshire, including CAMHS services who will be working with young people with more complex needs eg psychosis, PTSD, bipolar, personality disorders, eating disorders, chronic anxiety or depression, enduring self-harm and OCD.

The service is underpinned by our commitment to being child-centred working in partnership with children and young people and adopting a systems approach that recognises that children and young people do not live in isolation from their families and communities.

To request support from the service please visit www.onyourmind.org.uk.

We are moving towards all requests coming to us via a Single Point of Access shared with CAMHS so children, young people and their parents / carers only have to tell their story once. Further information will be provided once the SPA is fully functional.

For more information please email the service at

Info.wiltsemh@barnardos.org.uk

Tel: [07849 306876](tel:07849306876)

Barnardo's 'See Hear Respond' service

See Hear Respond is a service provided across England by Barnardo's and other national and local community-based organisations in response to the coronavirus (COVID-19) outbreak.

The programme has been created to help children and young people in England who are experiencing harm and increased adversity during this period by providing support to those who are not being seen by social care or other key agencies.

Working with its partners, Barnardo's aims to reduce the likelihood of harm and ensure other support and protective networks are in place using:

- online digital support, including advice and information, online counselling and a telephone helpline

- face to face interventions, such as support for groups at risk outside the home and one to one support
- reintegration into education, including assessments and the delivery of support pathways back to education

See Hear Respond accept referrals from any source either through the Freephone number 0800 151 7015 and via the online referral hub.

From the School Nurse:

School nurse support: **CHAT health text number - 07480635513** and also there is a SPA telephone line open to young people to call every day Mon-Fri 0300 247 0090 option 1.

Also newly available from Young Melksham but available for all young people is:

Support for Young People Stuck at Home and Struggling with the Lockdown

If you are a young person struggling at home with the lockdown; feeling depressed, angry, lonely, not coping, or afraid, a new service of **free confidential support** for all in Wiltshire aged 11-25 is now available thanks to local charity Young Melksham. You can telephone them on: **01225 667328**. They are available **every Tuesday and Friday** between **2pm and 4pm** and are waiting for your call. Alternatively, you can email: talk@youngmelksham.org.uk.

Mental health support for children and young people

Oxford Health NHS Trust which runs local children's mental health services, has launched a [helpline for children and young people during the Coronavirus outbreak](#). The helpline is available 24/7 seven days a week. Details of the phone number are below and more detail is on the attachment.

Wiltshire:

What time is it?	The number to phone:
9am – 5pm on a weekday	01865 903777
5pm – 9am on a weekday or on weekends	01865 901000
Other useful sources of support in your area:	https://www.onyourmind.org.uk/

HOW TO MAINTAIN GOOD MENTAL WELLBEING DURING ISOLATION

WELLBEING IS ABOUT BEING ABLE TO EXPERIENCE GOOD HEALTH, HAPPINESS AND HIGH LIFE SATISFACTION, INCLUDING MANAGING YOUR STRESS. IT'S NOT ALWAYS EASY TO FIND THE RIGHT STRATEGIES TO ESTABLISH AND MAINTAIN YOUR WELLBEING. OFTEN THE MOST SUCCESSFUL METHODS ARE UNIQUE TO YOU AND ONES THAT CAN BE CONSISTENTLY APPLIED LIKE FOR INSTANCE, EVERY WEEK.

TOP TIPS FOR ALL

MINDSET & THOUGHTS

SOMETIMES, WE CAN ONLY SEE THE PROBLEMS AND CHALLENGES. TRY TO TAKE A FEW MOMENTS EVERY DAY TO REFLECT, PERHAPS THROUGH WRITING IN A JOURNAL OR SPENDING FIVE MINUTES IN THE MORNING TO NOTICE SOMETHING WE CAN BE THANKFUL FOR AND FEEL POSITIVE ABOUT.



KEEP PHYSICALLY ACTIVE

STUDIES SHOW THAT THERE IS APPROXIMATELY A 20-30% LOWER RISK OF DEPRESSION FOR ADULTS PARTICIPATING IN DAILY PHYSICAL ACTIVITY. TRY TO GO FOR A WALK DURING THE WEEK OR JOIN A CLASS OR LOCAL COMMUNITY GROUP. MANY PEOPLE FIND THAT JUST THE CONNECTION WITH THE OUTDOORS HELPS TO 'RESET' THEIR MIND AND WELLBEING FOR THE DAY.



POSITIVE THOUGHTS

WHEN YOUR THOUGHTS ARE OVERWHELMINGLY NEGATIVE, WE CAN FIND IT HARD TO FIND HEADSPACE TO THINK POSITIVELY. TRY THIS... IMAGINE YOU ARE SAT ON TOP OF A HILL AND YOU ARE LOOKING DOWN AT A TRAIN TRACK BELOW WHERE TRAINS ARE COMING AND GOING. NOW IMAGINE THE TRAINS ARE YOUR THOUGHTS. WATCH THEM COME AND GO, BUT DON'T GET ON THE TRAIN. JUST WATCH THE THOUGHTS COME AND GO IN YOUR MIND WITHOUT ACTUALLY FOLLOWING THE NEGATIVE ONES DOWN AN UNHELPFUL/NEGATIVE TRACK JUST WATCH IT PASS!



GOOD QUALITY SLEEP ZZZZZ

IF YOUR MIND FEELS FULL UP OR YOUR EMOTIONS ARE OVERWHELMING, YOU WILL FIND IT HARD TO ENJOY A GOOD NIGHT'S SLEEP. THERE ARE LOTS OF FREE MEDITATION AND SOOTHING SOUND VIDEOS ON YOUTUBE (WAVES, RAIN, CALMING MUSIC), OR FIND A PODCAST WHICH IS FUNNY OR HUMOROUS. WRITE YOUR THOUGHTS DOWN ON A PAD OR CREATE A 'TO DO' LIST. THEN PUT THE PAD OUT OF SIGHT UNTIL THE MORNING. DEEP BREATHING FOR AT LEAST 3 MINUTES CAN ALSO HELP. IN SLOWLY THROUGH YOUR NOSE AND OUT SLOWLY THROUGH YOUR MOUTH.

EAT WELL



A 2014 STUDY FOUND HIGH LEVELS OF WELLBEING WERE REPORTED BY INDIVIDUALS WHO ATE MORE FRUIT AND VEGETABLES. THE KEY TO BALANCING EATING WELL WITH BUSY FAMILY LIFE IS TO PLAN AHEAD. IF YOU CAN PLAN WEEKDAY MEALS AND BUY THE INGREDIENTS AHEAD OF TIME THIS REDUCES THE NUMBER OF 'LAST MINUTE' UNHEALTHY MEALS.

ACCEPTING HELP

WE MUST BE ABLE TO LEAN ON OTHERS WHEN NECESSARY. IT IS UNREASONABLE FOR US TO ASSUME WE WILL NEVER NEED HELP THROUGHOUT OUR LIFE. THIS MEANS ACCEPTING HELP WHICH MAY BE VOLUNTEERED OR ASKING WHEN THE NEED ARISES. THE HELP COULD BE THROUGH A FRIEND, RELATIVE OR SERVICE YOU TRUST, INCLUDING NATIONAL HELPLINES.

DOING GOOD DOES YOU GOOD

THERE IS A STRONG RELATIONSHIP BETWEEN WELLBEING AND COMPASSION. DOING GOOD CAN HELP LOWER STRESS LEVELS AND IMPROVE YOUR WELLBEING AND MENTAL HEALTH. HOWEVER, THIS CAN ALSO WORK THE OTHER WAY AND YOU SHOULD ALWAYS ENSURE THAT YOU ARE NOT HELPING OTHERS AT THE COST OF YOUR OWN WELLBEING.



STAYING CONNECTED

HIGHER RATES OF MENTAL HEALTH PROBLEMS, SUCH AS DEPRESSION AND ANXIETY, ARE ASSOCIATED WITH LONELINESS AND SOCIAL ISOLATION. OFTEN SOCIALISING WITH OTHERS CAN FEEL LIKE A LOT OF EFFORT IN THE EVENING WHEN WE'RE TIRED. HOWEVER, HEALTHY RELATIONSHIPS AND CONNECTIONS TO OTHERS HAVE A SIGNIFICANT IMPACT ON MAINTAINING GOOD WELLBEING. USING VIDEO CALLS, LIVE STREAMING OR 'FACETIME' IS A GREAT WAY TO KEEP IN TOUCH WITH FRIENDS AND FAMILY IF YOU'RE FEELING ISOLATED. IF YOU PREFER CALLING, PICK UP THE PHONE FOR A CHAT. MAINTAINING GOOD RELATIONSHIPS HELPS TO SET A GOOD EXAMPLE FOR CHILDREN, AS THEY NOTICE AND IMITATE THE BEHAVIOUR AND EMOTIONS OF THOSE AROUND THEM.



The National College

MEET OUR EXPERT

THIS GUIDE HAS BEEN WRITTEN BY ANNA BATEMAN. ANNA IS PASSIONATE ABOUT PLACING PREVENTION AT THE HEART OF EVERY SCHOOL, INTEGRATING MENTAL WELLBEING WITHIN THE CURRICULUM, SCHOOL CULTURE AND SYSTEMS. SHE IS ALSO A MEMBER OF THE ADVISORY GROUP FOR THE DEPARTMENT FOR EDUCATION, ADVISING THEM ON THEIR MENTAL HEALTH GREEN PAPER.



FOR FURTHER INFO, CHECK OUT THESE ONLINE RESOURCES:

<https://www.thc.uk>

<https://www.mentalhealth.org.uk>

<https://www.hmg.org.uk>

<https://www.mentalhealth.org.uk>

Web: www.thenationalcollege.co.uk | Email: enquiries@thenationalcollege.co.uk | Facebook: [@thenationalcollege](https://www.facebook.com/thenationalcollege) | Twitter: [@thenatcollege](https://twitter.com/thenatcollege)

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