

Wellbeing and mental health:

I know that many children and families are finding this situation a struggle and I recognise the social, emotional and health impacts that changes like those we are experiencing have on everyone. I 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/>

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/parentssupportnetwork.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

[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>

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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