

Mental Health Resources List



Resource	Produced by	E-mail address	Notes
Children's Mental Health Week 2021			
On-line Assembly	Oak National Academy and BAFTA Kids	https://www.thenational.academy/blog/join-our-assembly-for-childrens-mental-health-week-2021	This assembly will give a positive message about the power of creative self-expression.
Children's Mental Health Week Resources	Place2Be	https://www.childrensmentalhealthweek.org.uk/	Free resources that can be adapted for use in school, for home-schooling, online lessons or independent learning.
FREE Children's Mental Health Week 2021 Whole-School PSHE Taster Pack	Twinkl	https://www.twinkl.co.uk/resource/childrens-mental-health-week-whole-school-pshe-taster-pack-t-lf-2549593	This pack introduces six lessons, across KS1, LKS2 and UKS2 all on the topic of mental health and wellbeing
Express Yourself Activity Pack	Relax Kids	https://www.relaxkids.com/express	Activities to support Children's Mental Health Week
Express Yourself Children's Mental Health Week Toolkit	Mentally Healthy Schools and Anna Freud Centre	https://www.mentallyhealthyschools.org.uk/resource/express-yourself-children-s-mental-health-week-toolkit/	This toolkit includes resources for children, staff and parents.

COVID -19 Specific Resources			
Rebuild and Recover Resources - Support the whole school community with this set of resources for children, parents and staff.	Mentally Healthy Schools	https://mentallyhealthyschools.org.uk/mental-health-needs/rebuild-and-recover-resources?utm_source=nasen&utm_medium=twitter&utm_campaign=september&utm_content=rebuildrecovery	A set of practical resources to help make the transition back to school easier for everyone.
A selection of wordless books on a number of topics including Beating the virus, Good days and bad days during lockdown, having a test for Coronavirus and having a vaccine for Coronavirus	Books Beyond Words	https://booksbeyondwords.co.uk/	Short wordless stories that will help people to understand the current crisis.
Coronavirus: supporting Pupils' mental health and well-being	Anna Freud Centre NAHT PSHE Association	https://www.naht.org.uk/advice-and-support/coronavirus-information-and-resources/coronavirus-supporting-pupils-mental-health-and-well-being/	This guidance aims to help school leaders and their staff, in all phases of education, support children and young people with their mental health and well-being in light of the impact of the coronavirus pandemic
Supporting your child during the coronavirus pandemic	Young Minds	https://youngminds.org.uk/find-help-for-parents/supporting-your-child-during-the-coronavirus-pandemic/	Tips, advice and where to get support for parents about their child's mental health during the coronavirus (COVID-19) pandemic.

Supporting children and young people's mental health	NSPCC Learning	https://learning.nspcc.org.uk/news/2020/april/supporting-children-young-people-mental-health	NSPCC have pulled together some resources to help you support the children and young people and families you know and work with through this challenging time.
Impacts of lockdown on the mental health of children and young people Download for free	Mental Health Foundation	https://www.mentalhealth.org.uk/publications/impacts-lockdown-mental-health-children-and-young-people	This overview of evidence considers empirical studies of the mental health and wellbeing impacts of lockdown during both the COVID-19 pandemic and during similar health-related disasters in the past
Coronavirus: wellbeing activity ideas for schools	Place2Be	https://www.place2be.org.uk/our-services/services-for-schools/mental-health-resources-for-schools/coronavirus-wellbeing-activity-ideas-for-schools/	The ideas on this page can be helpful for all pupils, but particularly if they are finding changes unsettling.
Resources to boost your child's wellbeing during the Covid-19 pandemic	Partnership for Children	https://www.partnershipforchildren.org.uk/what-we-do/childrens-wellbeing-activities-for-teaching-staff-and-families.html	The activities provided are based on the Skills for Life programmes. Parents can use them to help their child find healthy ways to deal with their feelings and reactions to the Covid-19 situation.
Coronavirus Support	Anna Freud Centre	https://www.annafreud.org/coronavirus-support/	Resources for schools, early years, parents, carers and young people

General Resources			
Free Jigsaw School Recovery Packs	JIGSAW PHSE	Primary: https://www.jigsawpshe.com/recovery/ Secondary: https://www.jigsawpshe.com/recovery/11-16/	These resources will support students returning to the classroom.
Comprehensive selection of resources to support mental health and wellbeing	Anna Freud Centre	https://www.annafreud.org/schools-and-colleges/resources/	
Moving Up – The transition to secondary school	Anna Freud Centre	https://www.annafreud.org/movingup/	Moving Up – The transition to secondary school
Mental health resources for schools and parents	Time to Change	https://www.time-to-change.org.uk/get-involved/get-involved-schools/school-resources	Mental health resources for schools and parents
Mental health support for young people service	NHS	https://www.nhs.uk/service-search/other-services/Mental-health-support-for-young-people/LocationSearch/1430	Type in your local postcode and find all of the mental health services available in your area
A whole school framework for emotional well-being and mental health	National Children's Bureau	https://www.ncb.org.uk/sites/default/files/uploads/files/NCB%20School%20Well%20Being%20Framework%20Leaders%20Resources%20FINAL.pdf https://tinyurl.com/y4fdotuu	Wellbeing and good mental health should become a strategic priority, embedded into the culture and ethos of every school. Supporting resources for school leaders

Mental Health	The Prince's Trust	https://www.princes-trust.org.uk/help-for-young-people/who-else/housing-health-wellbeing/wellbeing/mental-health	Comprehensive list of charitable organisations that support mental health issues
Children's mental health	NSPCC	https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/	Advice to help you support children who may be experiencing depression, anxiety, suicidal feelings or self-harm.
Advice for schools and colleges	Anna Freud Centre	https://www.annafreud.org/coronavirus-support/support-for-schools-and-colleges/	A series of resources to help support staff and to provide them with information about how to work with children and young people, include those with SEN, and materials to share with parents and carers.
Staff Wellbeing			
Education Support	Education Support	https://www.educationsupport.org.uk/	The only UK charity dedicated to supporting the mental health and wellbeing of education staff in schools, colleges and universities.
NAHT Wellness and Protect	NAHT	https://www.naht.org.uk/membership/special-partner-offers-for-members/services-for-schools/naht-wellness-and-protect/	For NAHT Members
Teacher wellbeing during COVID-19 – How to create a happier, healthier team of teachers	Teachwire	https://www.teachwire.net/news/focus-on-the-positive-how-to-create-a-happier-healthier-team-of-teachers	Dr Louise Lambert explains why prioritising mental health in schools and the wellbeing of staff during a uniquely challenging time remains essential...
Staff Wellbeing	SecEd	https://www.sec-ed.co.uk/best-practice/health-wellbeing-and-behaviour/staff-wellbeing/694432/	A selection of articles on teacher wellbeing

Staff wellbeing planning pack	Mentally Healthy Schools and Anna Freud Centre	https://www.mentallyhealthyschools.org.uk/resources/staff-wellbeing-planning-pack/#	This document includes ideas, links to resources and activities to support staff wellbeing.
Teacher wellbeing during the pandemic	Twinkl Mind	https://tinyurl.com/y32jmx6g	Twinkl and Mind have come together to create a selection of resources to support staff wellbeing
Mental Health Journals for Students			
Happy Confident Me	The Happy Confident Company	https://tinyurl.com/y554dp7t	The Happy Confident Me Journals are designed specifically to help kids aged 7-12 achieve greater levels of happiness and build their self-confidence. Using our journals daily for just ten weeks
The Happy Self Journal	The Happy-Self Journal	https://happyselfjournal.com/collections/all	A daily journal for children aged 6 to 12, based on scientifically proven methods that promote happiness, develop healthy habits for life and nurture enquiring minds.
Your Mood Journal	Penguin Books	https://www.penguin.co.uk/books/319/319096/your-mood-journal/9780241466698.html	This is the perfect toolkit for children looking to explore their emotions and build confidence in communicating their feelings.
Mental Health Journals Being Me – KS1 & 2 Understanding Me – KS2 & 3 It's all in the Mind – KS4 & 5 Live out Loud – KS3 & 4	Butterfly Print	https://www.butterflyprint.co.uk/product-category/mental-health/mental-health-journals/	Personal activity books that can be completed week by week individually or as group work

COVID 19: My Journey...walking the path together	Butterfly Print	https://www.butterflyprint.co.uk/product/covid-19-my-journeywalking-the-path-together/	A colourful journal/activity booklet, aimed at children and young people across key stages, from year 6 and upwards.
Colour Away Your Worries: a calming colouring & drawing book	Hinton House Publishers	http://www.hintonpublishers.com/isbn_template.php?isbn=978-1-912112-69-2	Help young people to reduce stress levels and relax through colouring, doodling & drawing.
Professional Development Resources			
Free mental health and wellbeing training modules	Dr Tina Rae	https://www.youtube.com/channel/UCcYl81CpnbB7A1ETj5s5o-g/videos	22 one-hour videos covering all aspects of mental health and wellbeing
Recovery Curriculum Prof. Barry Carpenter and Matthew Carpenter	Evidence for Learning	https://www.evidenceforlearning.net/recoverycurriculum/	15 podcasts from a variety of educational professionals on aspects of the recovery curriculum
Teaching about mental wellbeing	DfE	https://www.gov.uk/guidance/teaching-about-mental-wellbeing	Practical materials for primary and secondary schools to use to train staff about teaching mental wellbeing.
Mental Health Champions – Foundation programme	Place 2 Be	https://www.place2be.org.uk/our-services/services-for-schools/mental-health-champions-foundation-programme	5-week online children’s mental health training – Free to qualified teachers and school-based staff in the UK
Supporting pupil and student mental wellbeing	DfE	https://www.youtube.com/watch?v=MYmBLnSQh3M	The Department for Education, in collaboration with NHS England and Public Health England, hosted this free webinar for school and college staff on 9 July.

Free online bereavement training for schools	Winston's Wish	https://www.winstonswish.org/supporting-you/professionals-and-training/	A short free online bereavement training courses will help teachers and school staff to understand how grief affects a child or young person and how you can help them cope with their grief.
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