

Mental Health and Well-being - useful materials and resources

Catholic Children's Society

During the Coronavirus crisis the Catholic Children's Society have collaborated with the World Community for Christian Meditation (WCCM) to develop a series of videos on meditation which children and young people can participate in, whether in school or at home.

Each consists of a phase-appropriate introduction leading to a period of meditation.

The Primary series are released each Monday, Wednesday and Friday.

The Secondary series are released on Thursdays.

The videos can be accessed at

https://www.youtube.com/channel/UC6Cb5LrAIU7_MPTRDMUBcvQ?view_as=subscriber

or through the Catholic Children's Society website at

<https://www.cathchild.org.uk/meditation-with-children-young-people/>

Catholic Education Services - Mental Health Resources

<https://www.catholiceducation.org.uk/schools/mental-health-resources>

Covid, Anxiety, Stress- Resources & Links

Some resources to support children and adults around anxiety, worry, stress, and fears; including those related to the pandemic/Covid-19 (this page will be updated on a very regular basis so please keep checking it for new entries. This is not an exhaustive or prescriptive list).

<http://www.safehandstinkingminds.co.uk/covid-anxiety-stress-resources-links/>

Every Mind Matters (NHS)

Having good mental health helps us relax more, achieve more and enjoy our lives more. The NHS have expert advice and practical tips to help you look after your mental health and wellbeing.

<https://www.nhs.uk/oneyou/every-mind-matters/>

Place2Be

Place2Be is a children's mental health charity with over 25 years' experience working with pupils, families and staff in UK schools.

They provide mental health support in schools through one-to-one and group counselling using tried and tested methods backed by research. They also offer expert training and professional qualifications.

<https://www.place2be.org.uk/>

Mental Health Activities, Worksheets & Books for Adults & Students

This article will cover tools that can supplement mental health interventions, worksheets and activities that help people learn about mental health, books dealing with mental health for adults and children, Facebook groups for mental health issues, and finally World Mental Health Day activities and events.

<https://positivepsychology.com/mental-health-activities-worksheets-books/>

MINDFULNESS CALENDAR: DAILY FIVE-MINUTE ACTIVITIES

This is a two-week calendar with daily mindfulness activity suggestions. The simple, short activities encourage children to focus on what's around them to find a sense of calm.

<https://www.mentallyhealthyschools.org.uk/resources/mindfulness-calendar-daily-five-minute-activities/>

Podcast: Back to school after lockdown: school reintegration and youth mental health

The Emerging Minds Network is pleased to share recordings from our joint webinar with The Mental Elf on 22 May 2020

The aim of the webinar was to share what research tells us about school reintegration and youth mental health and to explore the practical implications for children, young people and their families as schools reopen after the COVID-19 lockdown.

<https://emergingminds.org.uk/podcast-back-to-school-after-lockdown-school-reintegration-and-youth-mental-health/>

Helplines for wellbeing and mental health

<p>Childline Phone calls won't show up on your bill. Open 9am-midnight</p>	<p>Call 0800 1111 Webchat childline.org.uk</p>
<p>Education support School staff can call 24/7 for help and advice.</p>	<p>Call 08000 562 561 Text 07909 341229</p>
<p>Helplines partnership, directory of UK helplines</p>	<p>www.helplines.org/helplines/(link is external)</p>
<p>Mind - Call, text or email for signposting to support in your area. Open 9am-6pm Monday-Friday</p>	<p>Call 0300 123 3393 Text 86463 Email info@mind.org.uk(link sends e-mail)</p>
<p>Samaritans - To talk about anything that is upsetting you Open 24 hours a day, 365 days a year</p>	<p>Call 116 123 Email jo@samaritans.org(link sends e-mail)</p>
<p>Shout - In a crisis? Anxious? Worried? Stressed?</p>	<p>Text 'shout' for 24/7 text service support 85258</p>
<p>Youth wellbeing directory Find services for young people and families in your area</p>	<p>https://www.annafreud.org/on-my-mind/youth-wellbeing/find-a-service-near-you/</p>

Apps about wellbeing and health

- Aura meditation app
- Calm meditation app
- Clear fear anxiety app for teenagers
- Elefriends (from Mind) mental health forum app
- Headspace meditation app
- Headspace for kids meditation app
- Silvercloud mental health tools app
- The Worrinots app for children to manage anxiety