



Resources to Support Young People's Mental Health and Wellbeing

Here are some trustworthy sources of support, guidance, advice and training around children and young people's mental health and wellbeing.

Action for Happiness

A not-for-profit Organisation that provides evidence-based ideas for actions we can take to feel happier and help to reduce and prevent mental ill health- personally, in our communities, workplaces and schools.

To find out more information visit www.actionforhappiness.org

Anna Freud National Centre for Children and Families

Child Mental Health Experts have developed a free network for School Staff and Allied Professionals which shares practical, academic and clinical expertise regarding the wellbeing and Mental Health issues that affect Schools.

This is called "Schools in Mind", of which you can join the network and access their resources by clicking on the link below:

<https://www.annafreud.org/what-we-do/schools-in-mind/>

Boing Boing

This Organisation offer a range of tools and advice on promoting resilience in young people. The resources are free to download and use and they organise a number of events for Schools, around the theme of resilience development to promote academic attainment.

To find out more information, visit their website at <https://www.boingboing.org.uk/>

Charlie Waller Memorial Trust

This Trust's aim and objective is to increase awareness of the signs and the dangers of depression amongst young people and to encourage those who may be depressed to seek help. It also encourages those that are well to pick up the symptoms in others and persuade them to get help.

Their website contains a wide range of free information and resources to either view or download, for young children and families, as well as Schools and Colleges.

You can visit their website at <https://www.cwmt.org.uk/>

Childline

Counselling service for parents, children and young people offering free and confidential help and advice.

There website is www.childline.org.uk and telephone number 0800 1111



Kooth

Free support services for young people delivered by qualified counsellors via online chat.

Visit their website for more details www.kooth.com

Mentally Healthy Schools

This is part of the Heads Together Charity and their free website is for Primary Schools, offering School Staff information, advice and practical resources to better understand and promote Pupils' Mental Health and Wellbeing.

Main topic areas covered, are:

- Getting started
- Resource Library
- Risk and protective factors
- Mental Health needs
- Whole-school approach

To find out more information, visit their website at <https://www.mentallyhealthyschools.org.uk/>

Mind

National charity providing information, advice and campaigning to promote and protect good mental health for everyone.

For more information visit www.mind.org.uk

MindEd

Free educational resources on children and young people's mental health for all adults. MindEd for families has online advice and information from trusted sources and will help parents to understand and identify early issues and best support for their child. It includes many e-learning resources for professionals and volunteers.

You can visit their website at www.minded.org.uk

MindUP

A learning programme for teachers and pupils based on positive psychology and mindfulness.

Information can be found at www.mindup.org/u-k



Mindfulness in Schools Project (MiSP)

This project gives basic information on Mindfulness and how it can be employed and utilised in an Education setting.

The website leads Teachers through the process of learning Mindfulness themselves, which is the first step to take, before teaching it. For this, they offer a range of training courses too.

Main topic areas they cover, are:

- Mindfulness in Education
- Bring Mindfulness to Your School
- Training

To find out more information, visit their website at <https://mindfulnessinschools.org/>

The Mix

A leading digital support service on a range of issues for young people, including mental health, homelessness, relationships and drugs. An online chat and crisis messenger are available on this chat.

Further details can be found at www.themix.org.uk and telephone 0808 808 4994

My Happy Mind

A curriculum to help primary schools develop resilient children who celebrate themselves and others, build positive relationships and thrive. Supports schools in creating a positive and growth-oriented whole-school culture.

Information can be found on their website www.myhappymind.org

National Association of Head Teachers (NAHT)

Professional association and trade union serving school leaders in all Sectors of Education in England, Wales and Northern Ireland.

There is a large and diverse range of information and resources on their website, which can be found by visiting <https://www.naht.org.uk/>

Papyrus

A national charity aimed at the prevention of young suicide in the UK.

Further information is listed on their website www.papyrus-uk.org



Place2Be

This is a Children's Mental Health Charity that provides Counselling and Mental Health Support and Training in UK schools. Their website has a lot of useful information available, as well as offering Counselling Training & Placements.

Visit their website at <https://www.place2be.org.uk/> to find out more information.

Personal, Social and Health Education (PSHE) Association

The national body for PSHE education. Quality resources, guidance, training and support for Schools are available on their website.

They have a specific area which focuses solely on Mental Health and Emotional Wellbeing, which is divided into 3 free resource areas, which are:

- Guidance on teaching about Mental Health and Emotional Wellbeing
- Mental Health Lesson Plans
- Mental Health Power Point Presentations

Lesson Plans are designed to be used in conjunction with guidance, with topics including teaching children how to describe emotions, talk about anxiety and worries and develop coping strategies. Lessons are aimed at Key Stages 3 and 4, but also cover eating disorders, self-harm, depression and anxiety.

Visit their website at <https://www.pshe-association.org.uk/> to find out more information and download the free resources.

Alcohol Education Trust

This Trust offers a free download of the "Talk About Alcohol Teacher Workbook", which is a practical tool for enabling discussions regarding alcohol use amongst 11 – 16 year olds.

To download your free copy, click on the following link:

<https://alcoholeducationtrust.org/teacher-area/download-teacher-workbook/>

Rethink Mental Illness

A national charity working to help everyone affected by severe mental illness recover a better quality of life. Provides services, information and support.

Details can be found at www.rethink.org

Samaritans

A confidential, emotional support service for anyone in the UK and Ireland. Available 24 hours a day for people who are experiencing feelings of distress or despair, including those which may lead to suicide.

Information can be found on their website www.samaritans.org



Student Minds

A charity working with students, service users, professionals and academics to develop new and innovative ways to improve the mental health of students. Offers information and support to students.

Details are on their website www.studentminds.org.uk

Time to Change

This Charity are a pressure Organisation aimed at reducing the stigma associated with Mental Health problems. They are supported by MIND and Rethink Mental Illness. They have produced a range of materials and information, including those for use in the classroom and assemblies.

Visit their website at <https://www.time-to-change.org.uk> to find out more information.

Winston's Wish

Provides specialist child bereavement services across the UK, including in-depth therapeutic help in individual, group and residential settings.

Information is listed on their website www.winstonswish.org.uk

Young Minds

This Charity produce a wide range of training resources for use in Schools. These include, but are not limited to:

- Building academic resilience
- Supporting parents
- Transitions from Primary to Secondary School

Schools can join the 360 Schools Community and receive new information and tips from Young Minds. They also offer a wide range of Training Courses for Head Teachers and other School Staff.

All the above can be found on their website, at <https://youngminds.org.uk/>