


Mental Health Resource Bank

Below are links to resources regarding children and young peoples' mental health and emotional wellbeing that we hope that you will find useful.

All resources should be reviewed by your setting before use, to determine if they are relevant to your setting. It is also suggested that you view the Stoke on Trent and Staffordshire Safeguarding Children's Board (SSSCB) procedures alongside the resources to further strengthen your knowledge. Please share with ESAS any useful resources you come across which are not on this list so that we can share them with others!

<p>SSSCB Policies</p>	<p>4U Children-and-Young-People-who-Self-Harm-or-Disclose-an-Intent-to-Die-by-Suicide</p>
<p>DfE Guidance</p>	<p>Practical materials and guidance for primary and secondary schools to use to train staff about teaching mental wellbeing</p> <p>Teaching about mental wellbeing</p> <p>Mental Health and Behaviour in school guidance</p> <p>You tube DfE Supporting pupil and student mental wellbeing Webinar</p> <p>Keeping Children Safe in Education Sep 2020</p>
<p>Staffordshire County Council Coping with a Crisis Guidance</p>	<ul style="list-style-type: none"> • <u>Coping with a crisis at school</u> <p>Advice for headteachers, teachers and governing bodies with regards to coping with a crisis including the death of a student</p> <div style="text-align: center;">  <p>Coping-with-a-Crisis-September-2019.d</p> </div>

Guidance/Resources for children/parents/education professionals

- Action for children

Action for Children support Staffordshire's children 5-18 with their emotional and mental health. Some of the support offered by Action for Children is face-to-face and some will be through a new digital e-therapy service, depending on the type of support a family need

[Action for Children](#)

- Anna Freud – National Centre for children and families

A range of resources for schools to help them respond to children's mental health, including videos together with information to support staff mental wellbeing.

[Anna Freud](#)

- Beat

For parents and carers worried about their child's eating problems or disorder, they can refer to BEAT's advice, support and helpline (Tel: 0808 801 0677).

<https://www.beateatingdisorders.org.uk/coronavirus>

- Changes Young People

Changes is a peer support service promoting the recovery of young people in mental distress. The service is a self-referral service which covers children living in Stoke, Newcastle-under-Lyme, Staffordshire Moorlands and Stafford.

[Changes](#)

- Chat Health

Text message service and app for young people and parents to ask for health and wellbeing advice

[Chat Health](#)

- The Mix.

Support for young people regarding self-harm including apps and tools, a one to one chat option, telephone helpline and crisis messenger.

[The Mix](#)

- NHS – Student mental health

Support for children around anxiety, low motivation, sleep problems or self-esteem issues. The site includes links to NHS choices Mood Zone and students against depression and advises older children on where they can turn to for support.

[NHS Student Mental health](#)

- Papyrus

Papyrus (Prevention of Young Suicide), www.papyrus-uk.org provide confidential advice and support for young people who feel suicidal: HOPELineUK 0800 068 41 41; Text 07786 209 697; Email: pat@papyrus-uk.org

[Papyrus](#)

- Shout

Anyone in a crisis can also text 85258 for SHOUT, the UK's first 24/7 crisis text service (free on all major mobile networks, for anyone in crisis anytime)

[Shout](#)

- Stem4

Support for young people and free apps for them to use providing them with a range of ways to help manage anxiety and the urge to self-harm.

[Stem4](#)

- Time to Change

A selection of straightforward, tried and tested resources and free materials to get young people in school talking. The resources include 10- and 15-minute assembly plans, short activities including quizzes and conversation bingo together with resources for parents.

[Time to Change](#)

- University of Oxford Self-Harm Parent Guide

The University of Oxford have also produced a guide for parents and carers to support their child or young person in dealing with self-harm.

[Parent/Carer guide on self harm](#)

	<ul style="list-style-type: none"> • <u>Visyon- Empowering young people</u> An emotional health and wellbeing support service for children aged 5-18 years in Staffordshire Moorlands. Visyon provides support for children, young people and their families. They offer wellbeing sessions, 1:1 mentoring, 1:1 therapeutic support and a space to talk. Visyon • <u>Young Minds</u> Advice for children, parents/carers and professionals Young Minds
Exam and Results Stress	<ul style="list-style-type: none"> • Staffordshire Learning Net provides a range of guidance including best practice guidelines (you will need a log on to access this) https://www.staffordshire.gov.uk/secure/Schools/Pupil-Support/Virtual-School/Exam-stress/Exam-Stress-SCC-guidance.aspx • <u>Staffordshire County Council</u> Advice for parents SCC Exam Stress Guidance • <u>Young minds</u> Provide a range of activities and guidance for settings to support children/young people around exam/results time; Young Minds Exam Time Guidance

	<p>Young Minds Exam Time Guidance 2</p> <p>Managing mental health during SATS</p> <p>Well being tips during exams for secondary pupils</p> <p>Dealing-with-disappointing-exam-results</p> <p>Exam-results-stress-advice-for-parents</p> <p>Exam-results-stress-advice-for-young-people</p>
<p>Bereavement /Suicide Support</p>	<ul style="list-style-type: none"> • The Dove Project Provides bereavement and loss counselling in North Staffordshire for children aged 4 and above. The Dove Project • Winston's wish A childhood bereavement charity which works with children who have experienced the death of a parent or sibling Winston's Wish • Young Minds Provide a wide range of mental health support for young people, which includes bereavement support Young Minds Bereavement Support • NHS- Support for families after someone may have died by suicide A useful guide for families where someone in the family may have died by suicide Support after Someone may have Died of Suicide Guide

	<ul style="list-style-type: none">• <u>Samaritans</u> Support for education settings around a suicide of a child attending the setting Support for School where a child has attempted suicide
Other	<ul style="list-style-type: none">• <u>The Rainbow Trust</u> Supporting families with a seriously ill child. Rainbow Trust