



## Wellbeing and Mental Health

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### General information relevant to children and young people's wellbeing and mental health

These resources are dedicated to children and young people's general mental health and wellbeing, with a particular focus on mindfulness with developing coping skills in young people.

- [Student Space](#) is here for students through coronavirus. However you're feeling, help and guidance is available. Explore a range of trusted information, services and tools to help you with the challenges of student life. You can use their [search tool](#) to find the services available at your university.
- [NHS Apps library](#) helps people find apps and online tools to help manage their health and wellbeing. For example:
- [Calm Harm](#)\* is designed to help people resist or manage the urge to self-harm.
- [Catch it](#)\* helps people manage feelings like anxiety and depression and improve mental wellbeing.
- [Sleepio](#)\* is an online sleep improvement programme which is free for people living in Oxfordshire, Berkshire and Buckinghamshire.\*
- [The Student health app](#) is designed to reduce your worries, feel more confident and get the support you need at what can be a challenging time for any student.
- [Thrive](#) \* helps you prevent and manage stress, anxiety and related conditions.
- [Students Against Depression](#)\* is a website offering advice, information, guidance and resources to those affected by low mood, depression and suicidal thinking.



- [\*\*Togetherall\*\*](#)\* is available for students at eligible universities and colleges who are feeling stressed, anxious, low or not coping. It provides an anonymous online community who share troubles and support each other. It is a safe space as it is moderated by trained professionals who are available 24/7.
- [\*\*The Wellbeing Thesis\*\*](#) is an online resource for **postgraduate research students** to support your wellbeing, learning and research.
- [\*\*Place2Be\*\*](#) has a host of mental health resources available. They organise Children's Mental Health Week every year.
- [\*\*SafeSpot\*\*](#)\* is an iPhone and Android app that promotes positive mental wellbeing in children and young people and has been designed to help children and young people with their coping skills.
- [\*\*MindEd's\*\*](#)\* advice and resources for families on supporting children's mental health. This includes the [\*\*Education Hub\*\*](#)\* (which hosts a short [\*\*Wellbeing for Education Return training webinar\*\*](#)\* for education staff as well as more in-depth [\*\*content\*\*](#)\* covering wellbeing and resilience, bereavement and loss, stress, trauma, anxiety and low mood) and the [\*\*Coronavirus Staff Resilience Hub\*\*](#).\*
- [\*\*BBC's wellbeing resources\*\*](#) for families.
- **Young Minds: [\*\*a letter about how I'm feeling\*\*](#)**: worksheet to help pupils express their feelings and understand what may have triggered them. For use with pupils in school or at home.
- [\*\*Mentally Healthy Schools\*\*](#): tools to support an emotional check-in with pupils.
- [\*\*Mentally Healthy Schools\*\*](#): an anxiety thermometer as a wellbeing measurement tool.
- [\*\*Mental Health at Work\*\*](#).\* Supporting Educators' Mental Health including during the pandemic. Round-the-clock one-to-one support by call or text



from trained volunteers, plus resources, tips and ideas to look after your mental health.

- **[NHS](#)**:\*Mental Health Helplines for Urgent Help - NHS 24-hour advice and support for you, your child, your parent or someone you care for. Help is available to speak to a mental health professional.
- **[NHS IAPT](#)**:\* free online NHS adult psychological therapies, such as cognitive behavioural therapy (CBT), for common problems involving stress, anxiety and depression. IAPT services can be accessed either through a self-referral by contacting your [Local IAPT](#) or via your GP.
- **[Cruse Bereavement Care](#)**:\* Coronavirus, Bereavement and Grief online information, advice and support. Helpline: 0808 808 1677.
- **[Headspace](#)**:\* Headspace for Educators offers educators access to free mindfulness and meditation exercises and resources for every age group, and a free Headspace Meditation App.
- **[Centre for Mental Health](#)**:\* Supporting Mental Health during Covid-19: a brief guide
- **[Public Health England Every Mind Matters](#)**:\* Looking After Your Mental Health Resources aims to support everyone to feel more confident in taking action to look after their mental health and wellbeing by promoting a range of self-care actions.
- **[Public Health England](#)**:\* Every Mind Matters Self-Care Tool when you complete the 5 'Survey' questions, a 'Mind Plan' is generated, with signposting options to many useful resources.
- **[Young Minds](#)**: 10 Wellbeing Tips for School Staff
- Anna Freud: [self-care strategies for young people](#)\* feeling low or anxious and [self-care tips for parents and carers](#).\*

