

# Mental Health Resources List

## Support for the third lockdown



Resource	Produced by	E-mail address	Notes
<b>New Resources for 2021</b>			
Children's Mental Health Week Toolkit	Mentally Healthy Schools & Anna Freud Centre	<a href="https://www.mentallyhealthyschools.org.uk/resources/express-yourself-children-s-mental-health-week-toolkit/">https://www.mentallyhealthyschools.org.uk/resources/express-yourself-children-s-mental-health-week-toolkit/</a>	Children's Mental Health week begins on 1 <sup>st</sup> February. The theme this year is "express yourself". This toolkit includes resources for children, staff and parents.
Children's Mental Health Week		<a href="https://www.childrensmentalhealthweek.org.uk/">https://www.childrensmentalhealthweek.org.uk/</a>	
Children's Mental Health Week Resources	Place 2 Be	<a href="https://www.place2be.org.uk/about-us/children-s-mental-health-week/">https://www.place2be.org.uk/about-us/children-s-mental-health-week/</a>	All of their free resources can be adapted for use in school, for home-schooling, online lessons or independent learning.
Children's Mental Health Week	Twinkl	<a href="https://www.twinkl.co.uk/event/childrens-mental-health-week-2021">https://www.twinkl.co.uk/event/childrens-mental-health-week-2021</a>	Resources to use during Mental Health Week 2021
Internet Safety Toolkit	Mentally Healthy Schools & Anna Freud Centre	<a href="https://www.mentallyhealthyschools.org.uk/resources/internet-safety-toolkit/">https://www.mentallyhealthyschools.org.uk/resources/internet-safety-toolkit/</a>	This toolkit is packed with practical, quality-assured resources to help keep children safe online. This free toolkit includes lesson plans, activities, quizzes and animations, as

			well as helpful guidance to share with parents
Resources to boost your child's wellbeing during the Covid-19 pandemic	Partnership for Children	<a href="https://www.partnershipforchildren.org.uk/what-we-do/childrens-wellbeing-activities-for-teaching-staff-and-families.html">https://www.partnershipforchildren.org.uk/what-we-do/childrens-wellbeing-activities-for-teaching-staff-and-families.html</a>	These activities are based on their Skills for Life programmes. Use them to help children find healthy ways to deal with their feelings and reactions to the Covid-19 situation.
Testing for Coronavirus Having a Home Test for Coronavirus Having a Test for Coronavirus at a Drive Through Centre	Books Beyond Words	<a href="https://booksbeyondwords.co.uk/coping-with-coronavirus">https://booksbeyondwords.co.uk/coping-with-coronavirus</a>	Wordless stories about getting tested for coronavirus.
A Toolbox of Wellbeing – Helpful strategies & activities for children, teens, their carers and teachers. There is a cost for this book.	Tina Rae Hinton House Publishers	<a href="http://www.hintonpublishers.com/isbn_template.php?isbn=978-19-12112-55-5&amp;x=65&amp;y=39">http://www.hintonpublishers.com/isbn_template.php?isbn=978-19-12112-55-5&amp;x=65&amp;y=39</a>	A must-have book full of easy to use activities to build emotional wellbeing in all children and young people and to support the recovery curriculum in schools in response to the COVID-19 pandemic.
<b>COVID -19 Specific Resources</b>			
NAHT Wellness and Protect	NAHT	<a href="https://www.naht.org.uk/membership/special-partner-offers-for-members/services-for-schools/naht-wellness-and-protect/">https://www.naht.org.uk/membership/special-partner-offers-for-members/services-for-schools/naht-wellness-and-protect/</a>	NAHT is giving all schools that register free access to the mental health services available within NAHT Wellness and Protect. It is ready for you to use from now until 31 October 2020.

Rebuild and Recover Resources - Support the whole school community with this set of resources for children, parents and staff.	Mentally Healthy Schools	<a href="https://mentallyhealthyschools.org.uk/mental-health-needs/rebuild-and-recover-resources?utm_source=nasen&amp;utm_medium=twitter&amp;utm_campaign=september&amp;utm_content=rebuildrecovery">https://mentallyhealthyschools.org.uk/mental-health-needs/rebuild-and-recover-resources?utm_source=nasen&amp;utm_medium=twitter&amp;utm_campaign=september&amp;utm_content=rebuildrecovery</a>	A set of practical resources to help make the transition back to school easier for everyone.
RObert explains the corona virus to children	PLAYMOBIL	<a href="https://tinyurl.com/v2agaru">https://tinyurl.com/v2agaru</a>	This excellent video explains the corona virus to young children using PLAYMOBIL to help explain in a way that children can understand what is happening right now.
Covid-19 without words – Charlie and the C Monsters	Special Education and Inclusive Learning	<a href="https://inclusiveteach.com/2020/08/15/covid-19-without-words-charlie-and-the-c-monsters/">https://inclusiveteach.com/2020/08/15/covid-19-without-words-charlie-and-the-c-monsters/</a>	A new, free to download printable comic and colouring book and six-minute animated film – Charlie & the C Monsters
Covid-19: Back to School Resources	Special Education and Inclusive Learning	<a href="https://inclusiveteach.com/2020/05/20/covid-19-back-to-school-resources/">https://inclusiveteach.com/2020/05/20/covid-19-back-to-school-resources/</a>	A collection of resources to support the transition of children back to school during the COVID-19 (Coronavirus) pandemic. Free to use and designed for pupils with SEN.
Transition back to school after lockdown - resources	Autism Hampshire	<a href="https://www.autismhampshire.org.uk/index/covid-19-resources/transition-back-to-school-after-lockdown-resources">https://www.autismhampshire.org.uk/index/covid-19-resources/transition-back-to-school-after-lockdown-resources</a>	Tips for schools to prepare for the new normal

Returning to school after the coronavirus lockdown	Mental Health Foundation	<a href="https://www.mentalhealth.org.uk/coronavirus/returning-school-after-lockdown">https://www.mentalhealth.org.uk/coronavirus/returning-school-after-lockdown</a>	This short guide aims to: <ul style="list-style-type: none"> <li>• Outline the scale of the challenge that schools and pupils are facing.</li> <li>• Provide practical advice, activities and support</li> </ul>
Coronavirus explained in Makaton	Holly Rankin, is the Special Educational Needs Advisor at Ineqe	<a href="https://www.youtube.com/watch?v=9OS8vbjr2-Q&amp;feature=youtu.be">https://www.youtube.com/watch?v=9OS8vbjr2-Q&amp;feature=youtu.be</a>	Children with a range of SEND needs may be struggling right now, perhaps through lack of routine or not understanding how things are.
<ul style="list-style-type: none"> <li>• Beating the virus</li> <li>• Good days and bad days during lockdown</li> <li>• When someone dies from coronavirus</li> <li>• Having a test for Coronavirus</li> </ul>	Books Beyond Words	<a href="https://booksbeyondwords.co.uk/">https://booksbeyondwords.co.uk/</a>	Four short wordless stories that will help people to understand the current crisis.
Lenny and Lucy in Lockdown Lenny and Lucy Return to School	Books Beyond Words	<a href="https://booksbeyondwords.co.uk/news/2020/8/15/wordless-stories-to-help-children-returning-to-school-coming-this-month">https://booksbeyondwords.co.uk/news/2020/8/15/wordless-stories-to-help-children-returning-to-school-coming-this-month</a>	Wordless stories to help children returning to school
Coronavirus: resources to support the return to school	Mentally Healthy Schools	<a href="https://www.mentallyhealthyschools.org.uk/media/2077/coronavirus-toolkit-return-to-school.pdf">https://www.mentallyhealthyschools.org.uk/media/2077/coronavirus-toolkit-return-to-school.pdf</a>	Useful list of resources for parent carers and schools

Return to school resources	Place 2 Be	<a href="https://www.place2be.org.uk/our-services/services-for-schools/mental-health-resources-for-schools/return-to-school-resources/">https://www.place2be.org.uk/our-services/services-for-schools/mental-health-resources-for-schools/return-to-school-resources/</a>	Place2Be has put together a series of resources focused on community recovery, to help headteachers and school staff start to bring their schools back together following recent challenging times.
Coronavirus: supporting Pupils' mental health and well-being	Anna Freud Centre NAHT PSHE Association	<a href="https://www.naht.org.uk/advice-and-support/coronavirus-information-and-resources/coronavirus-supporting-pupils-mental-health-and-well-being/">https://www.naht.org.uk/advice-and-support/coronavirus-information-and-resources/coronavirus-supporting-pupils-mental-health-and-well-being/</a>	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
Back to School with SCARF A mental health toolkit to support your recovery curriculum	Corum Life Education SCARF	<a href="https://www.coramlifeeducation.org.uk/back-to-school-with-scarf">https://www.coramlifeeducation.org.uk/back-to-school-with-scarf</a>	This toolkit provides five fully-resourced sets of plans - one for each of the SCARF values (Safety, Caring, Achievement, Resilience and Friendship)
Talking to children about Coronavirus	The British Psychological Society	<a href="https://www.bps.org.uk/news-and-policy/bps-highlights-importance-talking-children-about-coronavirus">https://www.bps.org.uk/news-and-policy/bps-highlights-importance-talking-children-about-coronavirus</a>	It is vital to talk openly to children and reassure them about the changes they are seeing around them due to coronavirus
Children's guide to coronavirus	Children's Commissioner	<a href="https://www.childrenscommissioner.gov.uk/publication/childrens-guide-to-coronavirus/">https://www.childrenscommissioner.gov.uk/publication/childrens-guide-to-coronavirus/</a>	The guide aims to answer children's questions about

			coronavirus, tell children how to stay safe and protect other people and how to help them make the best of their time at home.
Pretend Party	Liz Grey	<a href="https://www.tes.com/teaching-resource/have-a-pretend-birthday-party-during-the-coronavirus-12271060">https://www.tes.com/teaching-resource/have-a-pretend-birthday-party-during-the-coronavirus-12271060</a>	For those children missing out on their birthday parties this resource helps you to create a pretend birthday party at home.
Talking to a child worried about coronavirus (COVID-19)	NSPCC	<a href="https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/depression-anxiety-mental-health/">https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/depression-anxiety-mental-health/</a>	
Coronavirus – supporting bereaved children	Child Bereavement UK	<a href="https://tinyurl.com/y8hule7v">https://tinyurl.com/y8hule7v</a>	
A wide variety of videos for children about the virus	You Tube	<a href="https://www.youtube.com/watch?v=WKS_WMwis9k">https://www.youtube.com/watch?v=WKS_WMwis9k</a>	
Explaining the Coronavirus to Children	inEQE Safeguarding Group	<a href="https://ineqe.com/2020/03/20/animation-story-book-explains-the-coronavirus-to-children/">https://ineqe.com/2020/03/20/animation-story-book-explains-the-coronavirus-to-children/</a>	Animation & Story Book
Preparing for Recovery: Self-review and signposting tool	Schools' Wellbeing Partnership	<a href="https://tinyurl.com/y3alhvka">https://tinyurl.com/y3alhvka</a>	Signposts to a variety of external resources which may be useful for schools signposts to a number of nationally available resources and programmes

Recovery, Re-introduction and Renewal: safe and Successful Returns to School	Whole School SEND Nasen Nottinghamshire CC AEP	<a href="https://www.aep.org.uk/recovery-re-introduction-renewal/">https://www.aep.org.uk/recovery-re-introduction-renewal/</a>	Written by educational psychologists, the Recovery, Re-introduction and Renewal handbook presents five guiding principles of recovery and a graduated response framework for schools to use in planning the return to school at individual, group and whole-school level
Coronavirus and your mental health	Mind	<a href="https://www.mind.org.uk/information-support/coronavirus/">https://www.mind.org.uk/information-support/coronavirus/</a>	The coronavirus (Covid-19) pandemic is affecting all our lives. Many of us are struggling with how it's affecting ourselves and our loved ones.
Coronavirus: resources and information	Centre for Mental Health	<a href="https://www.centreformentalhealth.org.uk/coronavirus-resources-and-information">https://www.centreformentalhealth.org.uk/coronavirus-resources-and-information</a>	This site contains some useful resources on how we can take care of ourselves and others and get through this together.
<b>General Resources</b>			
Comprehensive selection of resources to support mental health and wellbeing	Anna Freud Centre	<a href="https://www.annafreud.org/schools-and-colleges/resources/">https://www.annafreud.org/schools-and-colleges/resources/</a>	
Moving Up – The transition to secondary school	Anna Freud Centre	<a href="https://www.annafreud.org/movingup/">https://www.annafreud.org/movingup/</a>	Moving Up – The transition to secondary school

Mental health resources for schools and parents	Time to Change	<a href="https://www.time-to-change.org.uk/get-involved/get-involved-schools/school-resources">https://www.time-to-change.org.uk/get-involved/get-involved-schools/school-resources</a>	Mental health resources for schools and parents
Mental health support for young people service	NHS	<a href="https://www.nhs.uk/service-search/other-services/Mental-health-support-for-young-people/LocationSearch/1430">https://www.nhs.uk/service-search/other-services/Mental-health-support-for-young-people/LocationSearch/1430</a>	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	<a href="https://tinyurl.com/y3uo4khe">https://tinyurl.com/y3uo4khe</a>  <a href="https://tinyurl.com/y4fdotuu">https://tinyurl.com/y4fdotuu</a>	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	<a href="https://www.princes-trust.org.uk/help-for-young-people/who-else/housing-health-wellbeing/wellbeing/mental-health">https://www.princes-trust.org.uk/help-for-young-people/who-else/housing-health-wellbeing/wellbeing/mental-health</a>	Comprehensive list of charitable organisations that support mental health issues
Children's mental health	NSPCC	<a href="https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/">https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/</a>	Advice to help you support children who may be experiencing depression, anxiety, suicidal feelings or self-harm.
<b>Mental Health Journals for Students</b>			
Happy Confident Me	The Happy Confident Company	<a href="https://tinyurl.com/y554dp7t">https://tinyurl.com/y554dp7t</a>	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	<a href="https://happyselfjournal.com/collections/all">https://happyselfjournal.com/collections/all</a>	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	<a href="https://www.penguin.co.uk/books/319/319096/your-mood-journal/9780241466698.html">https://www.penguin.co.uk/books/319/319096/your-mood-journal/9780241466698.html</a>	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  COVID-19 – My journey walking the path together	Butterfly Print	<a href="https://www.butterflyprint.co.uk/product-category/mental-health/mental-health-journals/">https://www.butterflyprint.co.uk/product-category/mental-health/mental-health-journals/</a>	Personal activity books that can be completed week by week individually or as group work
Colour Away Your Worries: a calming colouring & drawing book	Hinton House Publishers	<a href="http://www.hintonpublishers.com/isbn_template.php?isbn=978-1-912112-69-2">http://www.hintonpublishers.com/isbn_template.php?isbn=978-1-912112-69-2</a>	Help young people to reduce stress levels and relax through colouring, doodling & drawing.
<b>Reports</b>			
Life on Hold	The Children's Society	<a href="https://www.childrensociety.org.uk/what-we-do/resources-and-publications/life-on-hold-childrens-well-being-and-covid-19">https://www.childrensociety.org.uk/what-we-do/resources-and-publications/life-on-hold-childrens-well-being-and-covid-19</a>	This report looks in depth at the impact of Coronavirus and the associated lockdown on young lives.
Children in Lockdown	The Childhood Trust	<a href="https://view.publitas.com/the-childhood-trust/children-in-lockdown-the-childhood-trust-report-june-2020/page/1">https://view.publitas.com/the-childhood-trust/children-in-lockdown-the-childhood-trust-report-june-2020/page/1</a>	The impact of the Coronavirus crisis on disadvantaged and vulnerable children

Special Education during Lockdown: Returning to schools and colleges in September	Ask Research Nuffield Foundation	<a href="https://www.nuffieldfoundation.org/wp-content/uploads/2020/09/Special-schools-during-lockdown.pdf">https://www.nuffieldfoundation.org/wp-content/uploads/2020/09/Special-schools-during-lockdown.pdf</a>	This study explored how education provision over this time has changed for children and young people with SEND who attend special schools.
Children in Lockdown: What Coronavirus Means for UK Children	UNICEF	<a href="https://www.unicef.org.uk/coronavirus-children-in-lockdown/">https://www.unicef.org.uk/coronavirus-children-in-lockdown/</a>	Children's lives have been turned upside down by coronavirus. For some children, with the right support and resources, the situation will be manageable, but for others the effects of the pandemic will cast a long shadow over their lives.
The Good Childhood Report 2020	The Children's Society	<a href="https://www.childrensociety.org.uk/good-childhood">https://www.childrensociety.org.uk/good-childhood</a>	Modern life has been chipping away at children's happiness over time. Our Good Childhood Report 2020 finds this toxic trend continues.
Impacts of lockdown on the mental health and wellbeing of children and young people	Mental Health Foundation, Barnardo's and University of Strathclyde	<a href="https://www.mentalhealth.org.uk/sites/default/files/MHF%20Scotland%20Impacts%20of%20Lockdown.pdf">https://www.mentalhealth.org.uk/sites/default/files/MHF%20Scotland%20Impacts%20of%20Lockdown.pdf</a>	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

State of the nation 2020: children and young people's wellbeing	Department for Education	<a href="https://tinyurl.com/y2s25sof">https://tinyurl.com/y2s25sof</a>	The report draws on published information from a range of government, academic, voluntary, and private sector organisations.
Covid-19 and the nation's mental health: Forecasting needs and risks in the UK:	Centre for Mental Health	<a href="https://tinyurl.com/y6etrzj7">https://tinyurl.com/y6etrzj7</a>	The impact of the pandemic on children and young people's mental health is greater in areas and communities hardest hit by the virus and by lockdowns.
In Our Own Words A report on how Covid-19 has affected the mental health of the young people we support.	Barnardo's	<a href="https://www.barnardos.org.uk/mental-health-covid19-in-our-own-words-report">https://www.barnardos.org.uk/mental-health-covid19-in-our-own-words-report</a>	Barnardo's worked with a group of 10 young people to produce a new report Mental Health and Covid-19: In Our Own Words. It brings together insights gathered by young people
Left stranded: our new report into the impact of coronavirus	National Autistic Society Ambitious about Autism Autistica Scottish Autism Autism Alliance	<a href="https://www.autism.org.uk/what-we-do/news/coronavirus-report">https://www.autism.org.uk/what-we-do/news/coronavirus-report</a>	Our new report highlights the often disproportionate and devastating impact the mental health, wellbeing and education prospects of hundreds of thousands of autistic people and their families.
<b>Professional Development Resources</b>			

Free mental health and wellbeing training modules	Dr Tina Rae	<a href="https://www.youtube.com/channel/UCcYl81CpnbB7A1ETj5s5o-g/videos">https://www.youtube.com/channel/UCcYl81CpnbB7A1ETj5s5o-g/videos</a>	22 one-hour videos covering all aspects of mental health and wellbeing
Recovery Curriculum Prof. Barry Carpenter and Matthew Carpenter	Evidence for Learning	<a href="https://www.evidenceforlearning.net/recoverycurriculum/">https://www.evidenceforlearning.net/recoverycurriculum/</a>	15 podcasts from a variety of educational professionals on aspects of the recovery curriculum
Teaching about mental wellbeing	DfE	<a href="https://www.gov.uk/guidance/teaching-about-mental-wellbeing">https://www.gov.uk/guidance/teaching-about-mental-wellbeing</a>	Practical materials for primary and secondary schools to use to train staff about teaching mental wellbeing.
Mental Health Champions – Foundation programme	Place 2 Be	<a href="https://www.place2be.org.uk/our-services/services-for-schools/mental-health-champions-foundation-programme">https://www.place2be.org.uk/our-services/services-for-schools/mental-health-champions-foundation-programme</a>	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	<a href="https://www.youtube.com/watch?v=MYmBLnSQh3M">https://www.youtube.com/watch?v=MYmBLnSQh3M</a>	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 on how to support returning pupils and students mental wellbeing
Free online bereavement training for schools	Winston’s Wish	<a href="https://www.winstonswish.org/supporting-you/professionals-and-training/">https://www.winstonswish.org/supporting-you/professionals-and-training/</a>	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.

