



Public Health
Northamptonshire



Healthy for life!
HEALTHY SCHOOLS
Northamptonshire

Wellbeing and Resilience Training

Workshop 2: Children and Young People Resource Pack



**West
Northamptonshire
Council**



**North
Northamptonshire
Council**



Anna Freud
**National Centre for
Children and Families**



MindEd
e-learning to support young healthy minds

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How COVID-19 is impacting children and young people

- **UNICEF**- [Impact of COVID-19 on poor mental health in children and young people 'tip of the iceberg' \(unicef.org\)](#)
- **Save the Children**- [COVID-19 Live Tracker | Save the Children UK](#)
- **NHS**- [Rate of mental disorders among children remained stable in 2021 after previous rise, report shows - NHS Digital](#)
- **Children's commissioner** [cco-mental-health-findings-from-the-big-survey.pdf \(childrenscommissioner.gov.uk\)](#) October 2021
- **Mentally Healthy Schools**- What is mental health in children and young people? [What's mental health? : Mentally Healthy Schools](#)
- **Anna Freud**- [Identify pupils at risk \(annafreud.org\)](#)

Recognising early warning signs and symptoms of mental health issues

- **YouTube video**- what students wish their teachers new https://www.youtube.com/watch?v=jf404_H0r8Q
- **Educare**- signs of poor mental health [What are the signs and symptoms of poor mental health? \(educare.co.uk\)](#)
- **NHS**- [Depression in children and young people - NHS \(www.nhs.uk\)](#)
- [Recognizing Mental Health Problems In Children | Mental Health America \(mhanational.org\)](#)
- **Stem4**- [Anxiety - stem4, Depression - stem4 Self-harm - stem4](#)
- **Young Minds**- [What is Mental Health? | Symptoms of Mental Health Problems | YoungMinds](#)

Supporting children who are struggling to cope during the pandemic

Approach

Conversation starters

- **Mentally Healthy Schools**- conversation starters for primary schools [tips-for-having-a-conversation-with-a-child-about-mental-health.pdf \(mentallyhealthyschools.org.uk\)](#)
conversation starters for secondary schools [tips-for-starting-a-conversation-about-mental-health-with-secondary-school-children.pdf \(mentallyhealthyschools.org.uk\)](#)
- **Young Minds**- [young-minds-conversation-starters_final-003.pdf \(youngminds.org.uk\)](#)

Bereavement

- **Young minds** - How to talk to a child about loss [Grief & Loss | Parents Guide To Support | YoungMinds](#)

Support

Promoting self-awareness

Self-care activities

- **Anna Freud**- support students to explore different self-care activities <https://www.annafreud.org/selfcare/>

- **Young Minds**- introduction to creating a self-soothe box, includes a video of young people explaining what they put in their boxes [How to make a self-soothe box | YoungMinds](#)
- **Service 6**- Self-help journal: <https://www.servicesix.co.uk/uploads/spectrum-small.pdf>
- **Place2be**- creative calming activities [FINAL Calm Project - Additional Resources \(place2be.org.uk\)](#)

Understanding feelings

- **Karen Tresiman**- Feelings and sentence completion cards [A Therapeutic Treasure Deck of Feelings and Sentence Completion Cards \(Therapeutic Treasures Collection\): Amazon.co.uk: Treisman Clinical Psychologist trainer & author, Dr Karen: 9781785923982: Books](#)
- **Mentally Healthy Schools**- emotion wheel [Emotion wheel for children : Mentally Healthy Schools](#)
- **Calm**- emotion wheel secondary/college students [The Feelings Wheel — Calm Blog](#)
- **Young Minds**- Writing a letter about how they are feeling (great resource can do through remote learning): <https://www.youngminds.org.uk/media/uraf4k20/a-letter-about-how-i-m-feeling.pdf>

Self-soothe box

- **YouTube** – how to make a self soothe box [introduction to making a soothe box - 0-19 wellbeing video - YouTube](#)
- **Young Minds**- [How to make a self-soothe box | YoungMinds](#), secondary school [how-to-make-a-self-soothe-box_secondary-school.pdf \(youngminds.org.uk\)](#) video to show secondary school students [How to make a self-soothe box - YouTube](#)

Relaxation

Primary

- **Childline**- free activities and videos to help children relax [Calm zone | Childline](#)
- **YouTube videos**- Guided box breathing with animation for primary children: <https://www.youtube.com/watch?v=YFdZXwE6fRE>, Finger breathing: <https://www.youtube.com/watch?v=HQVZgpyVQ78>, Box breathing: <https://www.youtube.com/watch?v=JYytiS0ymZg>, Box breathing video 2: <https://www.youtube.com/watch?v=AOL3isokmY4>
- **Move like a Lion book** [Move Like A Lion : Chinyanganya, Radzi: Amazon.co.uk: Books](#)
- **Relax kids** [Home - Relax Kids - Official Website](#) range of tools and techniques to help calm their body and mind and build confidence and self-esteem. E.g. book that combines fairy tales with meditation [Aladdin's Magic Carpet - Relax Kids - Official Website](#)

Secondary/colleges

- **YouTube videos** - Box breathing: <https://www.youtube.com/watch?v=JYytiS0ymZg> Body scan [Secondary age body scan - YouTube](#)
- **Smiling Mind** – free app [Feeling It — Smiling Mind](#),
- **Every Mind Matters**- breathing exercise [Mindful Breathing Exercise - YouTube](#)
- **The Mix**- what is mindfulness- [Mindfulness - The Mix](#)
- [Relaxation exercises | Mind, the mental health charity - help for mental health problems](#)
- **Headspace**- free to download for educators [Headspace for Educators](#) article on how to relax [How to Relax - Headspace](#)

- Advice for sleep- secondary schools
<https://s3.eu-west-2.amazonaws.com/files.riseuk.org.uk/documents/Relaxation-Sleep-Managing-Stress.pdf?mtime=20200616125124&focal=none>

Grounding Techniques

- **Pearson-** grounding and calming techniques (ages 4-11) [Grounding-and-Calming-Techniques-p.pdf \(pearson.com\)](#)
- **Healthline-** list of grounding and calming techniques [Grounding Techniques: 30 Techniques for Anxiety, PTSD, and More \(healthline.com\)](#)
- **Grounding and regulating cards** (by Karen Triesman)- [A Therapeutic Treasure Deck of Grounding, Soothing, Coping and Regulating Cards \(Therapeutic Treasures Collection\): Amazon.co.uk: Treisman Clinical Psychologist trainer & author, Dr Karen: 9781785925290: Books](#)
- **Young Minds-** secondary school example [The Grounding Technique That Helps When I'm Anxious | YoungMinds](#)

Bereavement and loss

- **Child Bereavement** <https://www.childbereavementuk.org/pages/category/primary-schools>, Ideas for remembering for school/college communities:
<https://www.childbereavementuk.org/information-school-projects-for-remembering>
- Children's understanding of death: <https://www.childbereavementuk.org/information-childrens-understanding-of-death>
- How young children grieve- [How children and young people grieve | Child Bereavement UK](#)
- **Cruse-** For personnel working in schools and colleges, particularly head teachers, pastoral staff, tutors, and other members of senior management teams. Extensive information on children, young people and bereavement. A Schools Pack is also available from their online shop:
<https://www.cruse.org.uk/get-help/for-schools>
- **Hope Again** A safe space where children can learn from other young people, how to cope with grief, and feel less alone <https://www.hopeagain.org.uk/>
- **Winston's Wish** Supports bereaved children, young people, their families and the professionals who support them: <https://www.winstonswish.org>
- **Minded for Families-** loss and grief
https://mindedforfamilies.org.uk/Content/death_and_loss_including_pets/

Books available to help *young children* understand bereavement and death:

1. Badgers Parting Gift - Susan Valery ISBN - 1849395144
 2. Invisible String - Partice Karst ISBN - 9780316486231
 3. Always and Forever - Debi Gilioro & Alan Durant ISBN - 9780552567657
 4. The Memory Tree - Britta Teckentrup ISBN – 9781848517011
- Books for *teenagers and young adults* to understand grief :
 1. Fire In My Heart Ice In My Veins - Enid Samuel Traisman ISBN 9781561230563
 2. The Grieving Teen: A Guide for Teenagers and Their Friends- Helen Fitzgerald ISBN - 9780684868024
 3. The Healing Your Grieving Heart Journal for Teens - Alan Wolfelt ISBN - 9781879651333

Anxiety and low mood

Primary schools

- Story book to explain flight/fight/freeze response: https://protectchildren.ca/pdfs/C3P_BigFeelingsComeAndGo_storybook_en.pdf
- How to explain the anxiety of primary children, using Lego characters and open conversations to how they can regulate their emotions: <https://s3.eu-west-2.amazonaws.com/files.riseuk.org.uk/documents/How-to-teach-your-kids-about-the-Brain-Intro-to-Dan-Siegel-and-Whole-Brain-child-by-Dr-Hazel-Harrison.pdf?mtime=20200623081655&focal=none>
- More activities to explain flight/fight/freeze response to children: <https://s3.eu-west-2.amazonaws.com/files.riseuk.org.uk/documents/How-to-Talk-to-Children-about-Freeze-Fight-and-Fight-MAKING-SENSE-of-TRAUMA.pdf?mtime=20200616115315&focal=none>
- **Mentally Healthy Schools**- aged 7 and up anxiety thermometer [Anxiety thermometer : Mentally Healthy Schools](#)
- **Young Minds**- school refusal and anxiety [School Anxiety & Refusal | Parents Guide To Support | YoungMinds](#)

Secondary schools and colleges

- **YouTube videos** - Anxiety explained to teenagers: https://www.youtube.com/watch?v=rp0lpKTWrp4&feature=emb_logo video explaining the link between mood and food video for teenagers <https://youtu.be/CSHO9VdVRfg> sleep and thoughts for teenagers: https://www.youtube.com/watch?v=T5ut2NYdAEQ&feature=emb_logo
- **Head Ed- free resources to support PSHE in secondary schools and colleges**, [Head Ed – stem4 Education](#)
- Head Ed light- for students to learn about anxiety, depression and resilience [stem4 Education – stem4 resources for schools](#)
- **Mentally Healthy Schools** Aged 14-19 anxiety and depression lesson plan [Anxiety and depression lesson plan : Mentally Healthy Schools](#), [RSHE lesson for Key Stage 4: recognising mental ill-health : Mentally Healthy Schools](#)
- **Rise**- helping teens with depression (videos) [Wellbeing for Young People \(13yrs \) | PTSD in Teenagers | Helping teens with depression | RISE \(riseuk.org.uk\)](#)
- Anxiety booklet for teenagers: <https://s3.eu-west-2.amazonaws.com/files.riseuk.org.uk/documents/Anxiety-MIND-Booklet.pdf?mtime=20200616130830&focal=none>
- What is anxiety (A guide for young people): https://www.barnardos.org.uk/blog/what-anxiety?gclid=EAlaIqObChMInMPItrev7gIVGOvtCh2IUQEZEAAAYASAAEgK_xvDBwE
- **Mind**- How young people can manage anxiety: <https://www.mind.org.uk/information-support/types-of-mental-health-problems/anxiety-and-panic-attacks/self-care-for-anxiety/> Panic attacks explanation for teenagers: <https://www.mind.org.uk/information-support/types-of-mental-health-problems/anxiety-and-panic-attacks/panic-attacks/#manage>

- Low mood/depression booklet for young peoples: <https://s3.eu-west-2.amazonaws.com/files.riseuk.org.uk/documents/Depression-Young-Minds.pdf?mtime=20200616132308&focal=none>
- For young people experiencing low mood: <https://e-wellbeing.co.uk/modules/low-mood>

Stress and Trauma

- Information on support for Domestic Abuse including telephone numbers to support: <https://www.nhs.uk/live-well/healthy-body/getting-help-for-domestic-violence/>
- Schools can support pupils who are suffering from domestic abuse: <https://s3.eu-west-2.amazonaws.com/files.riseuk.org.uk/documents/RISE-SUPPORTING-CHILDREN-YOUNG-PEOPLE-AT-SCHOOL-Nov-2020.pdf?mtime=20210105151937&focal=none>
- **Young Minds** trauma informed practice in school trauma-informed-schools.pdf (youngminds.org.uk), how to support young people with Trauma: <https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-to-support-trauma/>, exam stress [Exam Stress | How To Deal with Exam Stress | YoungMinds](#)
- NHS site to help parents, carers and teachers on working with children who have experienced trauma <https://www.candi.nhs.uk/sites/default/files/Documents/Supporting%20Child%20and%20Young%20People%20after%20major%20trauma%20FINAL.pdf>
- **Rise-** supporting children with trauma [Wellbeing for children \(6 -12 years\) | Child anxiety symptoms | PTSD in Children | RISE \(riseuk.org.uk\)](#), secondary schools [Wellbeing resources for adults | Domestic abuse and PTSD | Overcoming relationship trauma | RISE \(riseuk.org.uk\)](#)
- **Mind-** What is stress: <https://www.mind.org.uk/information-support/types-of-mental-health-problems/stress/what-is-stress/>

Challenging behaviour

- **Go zen-** tips to help calm down [50 Calm-Down Ideas to Try with Kids of All Ages | GoZen!](#)
- **Young Minds-** explanation of emotions when-emotions-explode-poster.pdf (youngminds.org.uk)
- **Mentally Healthy Schools-** challenging behaviour [Challenging behaviours : Mentally Healthy Schools](#), behaviour guidance [Behaviour and discipline guidance : Mentally Healthy Schools](#)

Self-harm

- Self-harm booklet for young people: <https://s3.eu-west-2.amazonaws.com/files.riseuk.org.uk/documents/Self-harm-MIND-Booklet.pdf?mtime=20200616131003&focal=none>
- **Ask Normen-** How to support children presenting self-harm behaviours or intent to self-harm: https://www.asknormen.co.uk/resources/uploads/files/NCC119034_Self%20Harm%20Booklet.pdf
- **Service 6** self-harm information pack: <https://www.servicesix.co.uk/uploads/Information%20Pack%20self-harm%20final%202020%20FINAL.pdf>
- <https://www.selfharm.co.uk/>

- **Papyrus-** self harm and suicide support [Papyrus UK Suicide Prevention | Prevention of Young Suicide \(papyrus-uk.org\)](https://www.papyrus-uk.org/)

Additional resources

- **Young Minds-** [Mental Health Resources for Children and Young People | YoungMinds](https://www.youngminds.org.uk/) wellbeing activities for schools
- [The Happy Newspaper](https://www.thehappynews.co.uk/)
- **Mentally Healthy Schools-** Various free information regarding mental health and wellbeing: [Resource library : Mentally Healthy Schools](https://www.mentallyhealthyschools.org.uk/)
- **Mind-** online community to connect with others over shared experiences: <https://sidebyside.mind.org.uk/>
- **Mind-** Information on talking therapies: <https://www.mind.org.uk/information-support/drugs-and-treatments/talking-therapy-and-counselling/about-talking-therapies/>.
- **Mind-** Blogs on young people's experiences: <https://www.mind.org.uk/information-support/your-stories/>
- **The Black Curriculum-** Promoting diversity in schools <https://theblackcurriculum.com/freelearning>
- For young people worried about coronavirus: <https://ewellbeing.co.uk/modules/coronavirus>
- For young people experiencing low mood: <https://e-wellbeing.co.uk/modules/low-mood>
- Loneliness: <https://e-wellbeing.co.uk/modules/lonely>
- Gender identity: <https://e-wellbeing.co.uk/modules/unsure-of-my-identity>
- Social media and mental health: <https://e-wellbeing.co.uk/modules/social-media-and-mental-health>
- Racism and mental health: <https://e-wellbeing.co.uk/modules/racism-mental-health>

Online safety

- https://us02web.zoom.us/rec/share/iuao3C2dzbwI8zPsNkCAI21z-uoBmqRsgZ_RYDZnD4y3ZNGo9UxoquApiO2DSQgt.urbvwXSUSH7FmCbJ Free pre-recorded webinar by Northamptonshire County Council, passcode: 8IDxW&95:
- **Safer internet** <https://www.saferinternet.org.uk/safer-internet-day/safer-internet-day-2021/i-am-educator/work-7-11s>
- **Safer internet-** <https://www.saferinternet.org.uk/safer-internet-day/safer-internet-day-2021/i-am-educator/work-3-7s>
- **Service 6-** Online safety project for schools (for all of Northamptonshire): <https://www.servicesix.co.uk/target/>

Signpost

Social media

- Talkoutloud_
- Youngmindsuk
- Actionhappiness
- Thelowdownnn1
- Youth_works_northamptonshire
- Mentalhealthfoundation
- Timetochangecampaign
- Giveusashoutinsta

- Mindchairty
- Sportinmind
- Britishredcross
- Drjuliesmith
- Mdmotivator
- The_happy_broadcast

Apps

Ages 12+

- **Calm Harm**- Calm Harm is a free app to help teenagers manage or resist the urge to self-harm.
- **Clear Fear**- free app to help children and young people manage symptoms of anxiety
- **Move food**- free app to help teenagers manage low mood and depression
- **Combined Minds**- free app to help families and friends provide mental health support
- **Think Ninja**- mental health app for 10–18-year-olds, learn about mental health and develop resilience
- **SAM**- understand and manage anxiety
- **Worry Tree**- uses cognitive behaviour therapy techniques to help you become aware of your thoughts and challenge them
- **Chill Panda**- manage worries, learn to relax, breathing techniques
- **Meetwo**- forum for teenagers to discuss issues affecting their lives, advice from experts
- NHS list of mental health apps (free/paid for) e.g., sleep, breathing, relaxing music, games to track mood and teach coping strategies, forums for teenagers) <https://www.nhs.uk/apps-library/category/mental-health/>

Online chats/text messaging services

- Northamptonshire school nursing team are providing a free text messaging service where young people can text a school nurse for confidential advice and support for any health-related issue. (07507329600) <https://www.nhft.nhs.uk/download.cfm?doc=docm93jjim4n2166.pdf&ver=3900>
- Anxiety UK 03444775774
- CALM - 0800585858
- Mind - 03001233393
- No Panic - 08449674848
- Bereavement - 08088081677
- PAPYRUS - 08000684141
- Samaritans - 116 123
- SHOUT - 85258
- Abuse - 080820005000
- Refuge - 08082000247
- Winston's wish- text **WW** to **85258**.

Where to go for additional support

- **Referral management centre for professionals** to make referrals into children and young people's specialist community health services: <https://www.nhft.nhs.uk/cyprmc>:
- <https://www.asknormen.co.uk/unsure-where-to-go/>
- <https://www.asknormen.co.uk/who-else-can-help/>
- **Service 6** (Wellingborough and East Northants): <https://www.servicesix.co.uk/how-we-can-help-you/>
- **Youth Works** (Kettering and Corby): [Youth Works Northamptonshire](http://www.youthworks.org.uk)
- **The Lowdown** (Northampton): <http://thelowdown.info>
- **Time2Talk** (Daventry and South Northants): <http://www.time2talk.org.uk/contact-time2talk>
- **CHAT** (North and East Northamptonshire): http://www.chatyouthcounselling.org.uk/FOR_YOUNG_PEOPLE.html
- **Happy Child Agency**- (Northamptonshire) independent and professional mental health support (5-18 years) , 1:1, groups, staff training, parent workshops happychildagency@gmail.com [Happy Child Agency](http://www.happychildagency.co.uk)
- **Child & Adolescent Bereavement Service (CABS) Northampton General Hospital:** Contact details; Telephone 01604 54513; Monday to Friday 9am to 5.30pm. <https://www.northamptongeneral.nhs.uk/Services/Our-Clinical-Services-and-Departments/Childrens-services/Child-and-Adolescent-Bereavement.aspx>
- **Childhood Bereavement:** Local Bereavement services map: <http://www.childhoodbereavementnetwork.org.uk/help-around-a-death/find-help-near-you.aspx>
- **Winston's Wish**- grief support groups for children and young people, and parents/carers [Online Grief Support Groups for young people | Winston's Wish \(winstonswish.org\)](http://www.winstonswish.org)

CPD

- [Senior mental health lead training grant funding - GOV.UK \(www.gov.uk\)](https://www.gov.uk/government/news/senior-mental-health-lead-training-grant-funding)
- Free course for education staff on how to support young people ages 14 and over for developing emotional awareness and listening. Includes lesson plans, activities and resources: <https://www.samaritans.org/how-we-can-help/schools/deal/>
- Bereavement training courses for education staff: [Online bereavement training for schools | Winston's Wish \(winstonswish.org\)](http://www.winstonswish.org)

Resources to share with parents

- **Ask Normen**- Support for parents (Northamptonshire): <https://www.asknormen.co.uk/for-parents-carers/>
- **Minded for Families**- Advice for families: <https://mindedforfamilies.org.uk/young-people>
- **Anna Freud**- Advice for parents to talking about mental health for primary aged children: <https://www.annafreud.org/schools-and-colleges/resources/advice-for-parents-and-carers-talking-mental-health-with-young-people-at-primary-school/>
- **Service 6**- Self-harm information pack for parents <https://www.servicesix.co.uk/uploads/Information%20Pack%20self-harm%20final%202020%20FINAL.pdf>

- **Mind**- How to support teenagers: <https://www.mind.org.uk/information-support/for-children-and-young-people/coronavirus/supporting-your-teens-wellbeing-during-coronavirus/>
- **Young Minds**- Parents a-z guide for supporting children experiencing mental health problems <https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/>
- **Young Minds**- Parental tips for supporting children with anxiety in lockdown: <https://youngminds.org.uk/blog/parents-tips-for-supporting-an-anxious-child-in-lockdown/>
- **Young Minds**- Parental guide to anxiety support: <https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-to-support-anxiety/>
- **Young Minds**- Parental guide to grief and loss: Grief & Loss | Parents Guide To Support | YoungMinds Supporting children with gaming: <https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-to-support-gaming/#how-can-i-set-boundaries-around-gaming>
- **Young Minds**- How parents can support children with anger <https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-to-support-anger/>
- **Young Minds**- Parental guide for supporting children with challenging behaviour Challenging Behaviour | Parents Guide To Support | YoungMinds
- **Mind**- The Mind guide to parenting with a mental health problem <https://www.mind.org.uk/media-a/2933/parenting-with-a-mental-health-problem-2016.pdf>
- **Trussell Trust**- Support for families for financial problems and food banks <https://www.trusselltrust.org/get-help/>
- **Young Minds**- Advice for parents how to support themselves during the pandemic <https://youngminds.org.uk/media/3762/coronavirus-parent-to-parent-advice-guide.pdf>
- **Family Lives**- Advice for parents, including a confidential helpline or live chat <https://www.familylives.org.uk/>
- **Parent Talk** - Support for Parents from Action for Children
- **Adult Learning**- free wellbeing courses for parents [Learning for Wellbeing \(northamptonshire.gov.uk\)](https://www.northamptonshire.gov.uk/learning-for-wellbeing)