

Mental Health Support Resources for School Closure.

In these difficult times there has been much additional concern about the mental health both of children and adults.

Please find here some resources that might help manage the stresses and anxieties of the present environment.

The booklet on this site has been produced by the British Psychological Society to help parents and children cope with the present “lockdown” conditions.

Other useful resources are:-

1. NHS – Every Mind Matters.

<https://www.nhs.uk/oneyou/every-mind-matters/>

2. Anna Freud Centre for Mental Health

<https://www.mentallyhealthyschools.org.uk/media/1960/coronavirus-mental-health-and-wellbeing-resources.pdf> this offers support and guidance for both parents and children.

3. Young Minds also offers contact points and advice for both parents and children:-

Young Minds: <https://youngminds.org.uk/>

- Parents Helpline: If you are a parent who needs advice about your child’s mental health you can contact the Parents Helpline directly on 0808 802 between 9:30am-4pm
- YoungMinds Crisis Messenger: If you are a young person experiencing a mental health crisis you can text YM to 85258 for free 24/7 support

4. The Childrens Society:

<https://www.childrensociety.org.uk/news-and-blogs/our-blog/dealing-with-conflict-at-home> this offers advice on how to manage stress at home during this time.

5. A link from the BBC:-

<https://www.bbc.co.uk/news/stories-52110460>

6. Also the government’s advice on looking after mental health at this time:-

<https://www.gov.uk/government/publications/covid-19-guidance-for-the-public-on-mental-health-and-wellbeing/guidance-for-the-public-on-the-mental-health-and-wellbeing-aspects-of-coronavirus-covid-19>

and for helping the mental health of young people:-

<https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing/guidance-for-parents-and-carers-on-supporting-children-and-young-peoples-mental-health-and-wellbeing-during-the-coronavirus-covid-19-outbreak>

7. There is also a mental health support line available for students called Kooth which offers confidential advice:-

<https://www.kooth.com/>

I hope you find these links helpful and supportive.

D H Thomas.