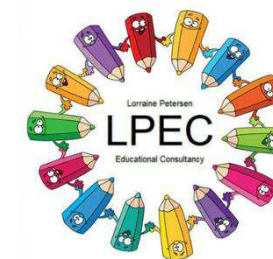


# Mental Health Resources List

## November 2022



Resource for staff	Produced by	E-mail address	Notes
Classroom Wellbeing Toolkit	Anna Freud Centre	<a href="https://www.annafreud.org/schools-and-colleges/resources/classroom-wellbeing-toolkit/">https://www.annafreud.org/schools-and-colleges/resources/classroom-wellbeing-toolkit/</a>	Simple ways to support secondary students' mental health
Resources to support mental health in schools	Anna Freud Centre	<a href="https://www.annafreud.org/schools-and-colleges/resources/">https://www.annafreud.org/schools-and-colleges/resources/</a>	A plethora of different resources for all ages
Mental health resources for schools	Place 2 Be	<a href="https://www.place2be.org.uk/our-services/services-for-schools/mental-health-resources-for-schools/">https://www.place2be.org.uk/our-services/services-for-schools/mental-health-resources-for-schools/</a>	From assembly and class activity ideas to videos and tip sheets, our mental health resources for schools can make a real difference to the emotional wellbeing of pupils.
Resource Library	Mentally Healthy Schools	<a href="https://mentallyhealthyschools.org.uk/resources/">https://mentallyhealthyschools.org.uk/resources/</a>	Includes new resources for Anti-Bullying week – 14 <sup>th</sup> – 18 <sup>th</sup> November
Mental health resources and advice	Young Minds	<a href="https://www.youngminds.org.uk/professional/resources/">https://www.youngminds.org.uk/professional/resources/</a>	A range of information, advice as well as resources including things like wellbeing activities, toolkits and webinars to help you support young people

Mental health resources for children, students, parents, carers and school/college staff	DfE Education Hub	<a href="https://educationhub.blog.gov.uk/2021/09/03/mental-health-resources-for-children-parents-carers-and-school-staff/">https://educationhub.blog.gov.uk/2021/09/03/mental-health-resources-for-children-parents-carers-and-school-staff/</a>	This blog post outlines some of the resources recommended by the DfE.
Mental health and wellbeing resources for teachers and teaching staff	DfE	<a href="https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/1110260/Mental_health_resources_for_teachers_and_teaching_staff.pdf">https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/1110260/Mental_health_resources_for_teachers_and_teaching_staff.pdf</a>	A comprehensive list of support resources available to schools
Mental health resources for schools, parents, caregivers and young people	Mental Health Foundation	<a href="https://www.mentalhealth.org.uk/our-work/programmes/families-children-and-young-people/resources">https://www.mentalhealth.org.uk/our-work/programmes/families-children-and-young-people/resources</a>	Wide range of resources for schools, parents and young people
Resources for Schools	Mentally Well Schools	<a href="https://mentallywellschools.co.uk/free-resources/">https://mentallywellschools.co.uk/free-resources/</a>	Mentally Well Schools began in 2019 as a collaborative initiative by a SENDCo with expertise in mental health and a Psychotherapist specialising in adolescent and adult mental health
Resources for Schools	e-wellbeing – powered by YMCA	<a href="https://e-wellbeing.co.uk/schools">https://e-wellbeing.co.uk/schools</a>	e-wellbeing has a range of practical tools, advice and guidance to help teachers, therapists and parents/carers support the mental health and wellbeing of young people
School Wellbeing	Leeds City Council	<a href="https://www.schoolwellbeing.co.uk/mental-health-wellbeing/pages/mental-health-and-wellbeing-web-links">https://www.schoolwellbeing.co.uk/mental-health-wellbeing/pages/mental-health-and-wellbeing-web-links</a>	Emotional Wellbeing and Mental Health Web Links

Every Mind Matters	Public Health England	<a href="https://campaignresources.phe.gov.uk/schools/topics/mental-wellbeing/overview">https://campaignresources.phe.gov.uk/schools/topics/mental-wellbeing/overview</a>	Helping you teach PSHE, RHE and RSHE to Upper KS2, KS3 and KS4 students, with flexible, ready-to-use content co-created with teachers, and young people.
Secondary Schools Resource Pack	CAMHS – Oxford Health	<a href="https://www.oxfordhealth.nhs.uk/camhs/banes/secondary-school-resource-pack/">https://www.oxfordhealth.nhs.uk/camhs/banes/secondary-school-resource-pack/</a>	This pack contains a range of activities suitable for students in secondary school to promote and support positive mental health and reduce stigma
Jigsaw’s Schools Hub	Jigsaw – Young People’s Health in Mind	<a href="https://jigsaw.ie/schoolshub/">https://jigsaw.ie/schoolshub/</a>	Supporting Mental Health and Wellbeing in Ireland
Resources for PSHE, Citizenship, Relationships and Health Education	Twinkl Life	<a href="https://www.twinkl.co.uk/resources/twinkl-life">https://www.twinkl.co.uk/resources/twinkl-life</a>	Make your school's mental health your priority with our Twinkl Life collection, featuring everything you need to focus for your school's mental health and wellbeing.
Mental Health & Wellbeing Resources	Twinkl	<a href="https://www.twinkl.co.uk/search?q=Mental+Health+and+Wellbeing&amp;c=244&amp;r=parent">https://www.twinkl.co.uk/search?q=Mental+Health+and+Wellbeing&amp;c=244&amp;r=parent</a>	Comprehensive selection of mental health and wellbeing resources
Walk in my Shoes	St Patrick’s Mental Health Services	<a href="https://www.walkinmyshoes.ie/">https://www.walkinmyshoes.ie/</a>	Support resources for primary and secondary pupils
Mental Health Resources	PSHE Association	<a href="https://pshe-association.org.uk/topics/mental-health">https://pshe-association.org.uk/topics/mental-health</a>	Support your pupils to stay healthy and safe while equipping them to help others

Video Collection on You Tube	Dr Tina Rae	<a href="https://www.youtube.com/c/DrTinaRae/videos">https://www.youtube.com/c/DrTinaRae/videos</a>	A plethora of videos of all different aspects of mental health and wellbeing. Excellent for staff training
Podcasts	The Associations of Child and Adolescent Mental Health	<a href="https://www.acamh.org/category/podcasts/">https://www.acamh.org/category/podcasts/</a>	A comprehensive selection of Podcasts for staff training
<b>Resource for young people</b>	<b>Produced by</b>	<b>E-mail address</b>	<b>Notes</b>
On My Mind	Anna Freud Centre	<a href="https://www.annafreud.org/on-my-mind/">https://www.annafreud.org/on-my-mind/</a>	On My Mind aims to empower young people to make informed choices about the mental health support they want, the treatments they receive and the outcomes they desire
CAMHS Resources		<a href="https://www.camhs-resources.co.uk/">https://www.camhs-resources.co.uk/</a>	This site was created for young people, carers and professionals to pool together lots of helpful resources from across the internet that are available to help support your mental health and well-being
Useful contacts for young people	Mind	<a href="https://www.mind.org.uk/information-support/for-children-and-young-people/useful-contacts/">https://www.mind.org.uk/information-support/for-children-and-young-people/useful-contacts/</a>	If you're a young person, this page lists organisations and services that can offer you support and information

Mental health and well-being A-Z	The Children's Society	<a href="https://www.childrenssociety.org.uk/information/young-people/well-being/resources">https://www.childrenssociety.org.uk/information/young-people/well-being/resources</a>	Our mental health resources are co-designed by young people and mental health professionals
Understanding mental health – for young people	Mind	<a href="https://www.mind.org.uk/information-support/for-children-and-young-people/understanding-mental-health/?gclid=CjwKCAjw5P2aBhAlEiwAAAdY7dMnQgl75bMpexoK0zXGysA90sUVfXd8ZwZq96Yo9Z1rG68YsR_8BMRoClcoQAvD_BwE">https://www.mind.org.uk/information-support/for-children-and-young-people/understanding-mental-health/?gclid=CjwKCAjw5P2aBhAlEiwAAAdY7dMnQgl75bMpexoK0zXGysA90sUVfXd8ZwZq96Yo9Z1rG68YsR_8BMRoClcoQAvD_BwE</a>	Information for young people on understanding mental health, and mental health problems
Support for teenage mental health	Stem4 – Supporting teenage mental health	<a href="https://stem4.org.uk/">https://stem4.org.uk/</a>	Access our comprehensive library of free mental health resources, including leaflets, videos and guides on a range of topics from Coronavirus advice to anxiety and depression
Who can help? Support services from across the UK	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>	Whether you are a teenager, young person or an adult get the support you need to improve your mental health by checking out this list of useful organisations

<b>Tools and Training (Cost)</b>			
An educational programme and an organisation that puts learning at the heart of emotional health and well-being.	Emotion Works	<a href="https://www.emotionworks.org.uk/">https://www.emotionworks.org.uk/</a>	
Unique kitemarked, interactive bank of life skills resources has been created to support PSHE, SMSC development, and safeguarding, and have recently been updated to support the new statutory changes in Health Education and Relationships Education.	1Decision	<a href="https://www.1decision.co.uk/">https://www.1decision.co.uk/</a>	Available for Early Years, Lower Key Stage 1 and Upper Key Stage 2 plus Primary Nurture.
A whole school approach providing all teaching resources and helping teachers to confidently teach a well-being curriculum.	Jigsaw	<a href="https://jigsawpshe.com/home">https://jigsawpshe.com/home</a>	A Whole School Approach for ages 3 – 16.
A social emotional learning framework and pathway to regulation	Zones of Regulation	<a href="https://www.zonesofregulation.com/index.html">https://www.zonesofregulation.com/index.html</a>	The Zones of Regulation is the original framework and curriculum (Kuypers, 2011) that develops awareness of feelings, energy and alertness levels while exploring a variety of tools and

			strategies for regulation, prosocial skills, self-care, and overall wellness
Emotion Coaching is based on the principle that nurturing and emotionally supportive relationships provide optimal contexts for the promotion of children's outcomes and resilience	Emotion Coaching UK	<a href="https://www.emotioncoachinguk.com/">https://www.emotioncoachinguk.com/</a>	Emotion Coaching UK develops and provides training and consultancy and can provide introductory training for educational establishments
Elsa Support is a website which provides downloadable resources, and a range of complementary printed products, that support the teaching of emotional literacy or emotional intelligence by ELSA's	ELSA Support	<a href="https://www.elsa-support.co.uk/">https://www.elsa-support.co.uk/</a>	To find out more about ELSA Training visit the ELSA Network <a href="https://www.elsanetwork.org/about/">https://www.elsanetwork.org/about/</a>
Drawing and Talking is the number one alternative to CBT and direct talking therapies, that can often be confronting or limiting in the processing of pain or trauma	Drawing and Talking	<a href="https://drawingandtalking.com/">https://drawingandtalking.com/</a>	The Drawing and Talking courses provide everything needed to begin using this powerful and simple person-centred therapeutic approach, without additional specialist training
Our science-backed programmes help to prepare today's children for tomorrow's world by building resilient, balanced and happy minds at home and school.	MyHappyMind	<a href="https://myhappymind.org/programmes/">https://myhappymind.org/programmes/</a>	They offer three distinct programmes: schools, nurseries, and parents.

Mind Mechanics - A sustainable, evidence based mental health education programme, developed through collaboration between specialist teachers, psychologists and counsellors can be delivered at home or in school.	Inclusion Partners - Edge	<a href="https://edgeinc.co.uk/mind-mechanics/">https://edgeinc.co.uk/mind-mechanics/</a>	The programme was designed by specialist teachers, psychologists and counsellors and teaches a set of sustainable skills and strategies to help children understand what is going on in their bodies and heads and self-manage overwhelming emotions.
Engaging and progressive schemes of work and lesson plans for foundation subjects, created by teachers for teacher	Kapow Primary	<a href="https://www.kapowprimary.com/">https://www.kapowprimary.com/</a>	Modules for RSHE and Wellbeing
Hinton House is a specialist, independent publisher of books and resources for professionals working in education, counselling and social care who support the mental health and emotional wellbeing of children and young people from early years to young adult	Hinton House Publisher	<a href="https://www.hintonpublishers.com/">https://www.hintonpublishers.com/</a>	Hinton House books and resources are practical and user-friendly, designed to promote wellbeing, reduce workload and provide beneficial, positive hands-on materials for classroom and therapeutic use.
The Therapeutic Wellbeing Toolbox offers over 180 strategies that can be used to deliver therapeutic support to develop children's wellbeing and self-regulation skills	TTS	<a href="https://www.tts-group.co.uk/therapeutic-wellbeing-toolbox/1021619.html">https://www.tts-group.co.uk/therapeutic-wellbeing-toolbox/1021619.html</a>	This easy to use toolbox is portable and can be taken from room to room and comes with a collection of fidgets for use within the intervention sessions.
<b>Support for Staff</b>	<b>Produced by</b>	<b>E-mail address</b>	<b>Notes</b>
Support for all staff working in the education sector	Education Support	<a href="https://www.educationsupport.org.uk/">https://www.educationsupport.org.uk/</a>	The only UK charity dedicated to supporting the mental health and



			wellbeing of teachers and education staff in schools, colleges and universities
Free, safe and anonymous mental wellbeing support for adults across the UK	Qwell	<a href="https://www.qwell.io/">https://www.qwell.io/</a>	They offer a variety of anonymous support options to meet your needs
Using your postcode, the Hub of Hope will find all support services available in your local area.	Hub of Hope	<a href="https://hubofhope.co.uk/">https://hubofhope.co.uk/</a>	This website will find support that is right for you or for those you are working with
We provide access to quality clinical supervision, delivered by experts to ensure schools, community services & other organisations can provide their staff with a safe space to process any difficult information that they are exposed to.	Innovating Minds Clinical Supervision Hub	<a href="https://www.innovatingmindscic.com/clinical-supervision-hub">https://www.innovatingmindscic.com/clinical-supervision-hub</a>	Clinical supervision is a very important component for staff's mental health and professional development. By having access to frequent clinical supervision, your staff will be able to reflect upon their work and have the opportunity to process information that may be impacting on their emotional and mental health.
Supporting Staff Wellbeing in schools	Anna Freud National Centre	<a href="https://www.annafreud.org/schools-and-colleges/resources/supporting-staff-wellbeing-in-schools/">https://www.annafreud.org/schools-and-colleges/resources/supporting-staff-wellbeing-in-schools/</a>	This booklet offers practical guidance about what school staff and senior leaders can do to support their own and their colleagues' wellbeing.