

Support Services Available To Support Your Child's Mental Health & Wellbeing

Signposting Information for Parents/Carers

Self-care Toolkit

We all have times in our lives where we experience problems that can affect our wellbeing. We may be able to cope with these feelings and problems ourselves but, at other times, they may be overwhelming and we may need support.

Learning how to look after ourselves and our emotions is crucial to our wellbeing. Developing good self-care skills means that in times of difficulty, we have a set of strategies that we know work for us and will improve our wellbeing.

Self-care is not a substitute for seeing a mental health professional and accessing outside help if needed. However, self-care is a useful skill that we can learn and develop throughout our lives, and something that we can support our children with.

Self-care Toolkit

Name of Service	How can they help?	Contact Details
Self-care Kit Sheffield Children's NHS Foundation Trust	This self-care kit has lots of ideas and activities for self-care in children, including mindful colouring, breathing exercises, an emotional check-in, ways to express thoughts, a self-soothe box and more creative activities.	https://www.sheffieldchildrens.nhs.uk/news/wpfd_file/self-care-kit-covid-19/
Wellbeing Bingo - Youngminds	Try playing this quick bingo game with your children which features many different self-care techniques to try.	https://www.youngminds.org.uk/media/nteg4ubx/hy-wellbeing-bingo.pdf
Finding the Joy - Mentally Healthy Schools	This resource uses an illustration and basic drama techniques to get children thinking about happiness and where it comes from.	https://www.mentallyhealthyschools.org.uk/resources/finding-the-joy/
Emotional Check-in Mentally Healthy Schools	Children and young people can identify when they are feeling a particular way with this resource. When these feelings are positive, children can refer back to the activities that took place to help them practice self-care.	https://www.mentallyhealthyschools.org.uk/resources/emotional-check-in/
How many positives? Youngminds	Learning how to reflect on positive things that have happened can be a useful self-care techniques for	https://www.youngminds.org.uk/professional/resources/building-positive-mental-health-in-schools/

	children. This activity can be run with children of any age.	
Mindfulness Calendar: Daily five minute activities Mentally Healthy Schools	A two-week calendar with daily mindfulness activity suggestions. The simple, short activities encourage children to focus on what's around them to find a sense of calm.	https://www.mentallyhealthyschools.org.uk/resources/mindfulness-calendar-daily-five-minute-activities/

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If you are concerned about your child's mental health and wellbeing, please come into school to talk about this. We will do our very best to help and support you, and to refer you to the right place for support.

If you have an immediate concerns about the wellbeing of your child, we would always recommend that you contact the emergency services (if urgent), or your G.P.

Below are some services which may be able to offer you some additional support and guidance if you have any concerns about a specific issue.

Name of Service	How can they help?	Contact Details
Anna Freud National Centre for Children and Families	The Anna Freud Centre is a world-leading mental health charity for children and their families. It has developed and delivered pioneering mental health care for over 60 years. They work in collaboration with children and young people, their families and communities and mental	https://www.annafreud.org/about-us/ It's not always easy to ask for help. It can be difficult to know where to start with explaining how you feel, or knowing what support you might need. Anna Freud's helpful clinical support team

	<p>health professionals to transform children and families' mental health.</p> <p>As a team of family therapists, mental health nurses, play therapists, psychotherapists, psychologists, psychiatrists, and social workers, the Anna Freud National Centre for Children and Families are able to offer their specialist support to meet the needs of a wide range of children and young people across varying stages of development. Getting to know you and understanding your individual needs is important and so they work with whole families or the networks of people who are important to you, or they can work with just you.</p>	<p>will be able to guide your referral to one of their relevant services.</p> <p>Please complete their online referral form and one of their teams will be in touch with you to see how they might be able to help. Alternatively, you can contact the main reception and ask to speak with their clinical support team on +44(0)20 7794 2313 or email us at referrals@annafreud.org.</p>
Place2be	<p>Place2be is a national service working with children and young people from 4-14 years to support them in enhancing their resilience through counselling and various creative based therapies.</p> <p>'Children should not have to face mental health problems alone.'</p> <p>Place2be offers parenting advice from their team of child mental health experts.</p>	<p>https://www.place2be.org.uk/</p> <p>https://parentingsmart.place2be.org.uk/</p>

	<p>Their 'Parenting Smart' section of the website offers lots of practical tips to support children's wellbeing and behaviour.</p>	
<p>Youngminds</p>	<p>'Whether you want to understand more about how you're feeling and find ways to feel better, or you want to support someone who's struggling, we can help.'</p> <p>Youngminds has a Parents Helpline which offers vital advice and guidance to parents/carers who are concerned about their child's mental health. Youngminds can offer advice on:</p> <ul style="list-style-type: none"> • How to access support; • Navigating services for your child; • Practical techniques that can help you and your child; • Signposting to other organisations. 	<p>https://www.youngminds.org.uk/</p> <p>https://www.youngminds.org.uk/parent/parents-helpline-and-webchat/</p> <p>Call the Parents Helpline for detailed advice, emotional support and signposting about a child or young person up to the age of 25.</p> <p>You can call for free on 0808 802 5544 from 9:30am - 4pm, Monday - Friday.</p> <ul style="list-style-type: none"> • The Parents Helpline is available in England, Scotland, Wales and Northern Ireland. • You'll get through to a trained adviser who will listen and talk through your concerns in complete confidence. • Your adviser will help you to understand your child's behaviour and give you practical advice on what to do next. • If you need further help, they'll arrange for one of our independent, experienced professionals to call you for a 50-minute telephone consultation within seven days.

		There is also a Webchat and email option on the website for parents to seek advice.
Childline	Childline offers lots of advice and practical tips for children and young people for a wide range of issues, including mental health and wellbeing. It is a good place to turn to if you want to offer your child some support.	https://www.childline.org.uk/ 0800 1111 https://www.childline.org.uk/toolbox/mental-health-first-aid-kit/
BEAT's Youthline	<p>This is a charity which offers support to children and young people with an eating disorder. They have a webchat which is particularly popular with young people.</p> <p>If you know somebody who has an eating disorder or who you think might have an eating disorder, Beat can help you. On their website, you can find information about starting important conversations with someone you're worried about, how you can help them during their treatment and throughout their wider recovery journey, and advice for taking care of your own wellbeing while supporting someone with an eating disorder. And remember, Beat's support services are here for you as well as the person you're caring for.</p>	https://www.beateatingdisorders.org.uk/ Beat provides Helplines for people of all ages, offering support and information about eating disorders no matter where they are in their journey. These Helplines are free to call from all phones. Helpline: 0808 801 0677 Email support for England: help@beateatingdisorders.org.uk https://www.beateatingdisorders.org.uk/get-information-and-support/support-someone-else/

	<p>You may also find their Guide for Friends and Family booklet helpful.</p>	
<p>Hope Again - this is the youth website of Cruse Bereavement Care.</p>	<p>This website provides advice and support for any young person who is dealing with the loss of a loved one.</p> <p>Hope Again is the youth website of Cruse Bereavement Support. It is a safe place where children can learn from other young people, how to cope with grief, and feel less alone.</p> <p>Here you will find information about their services, a listening ear from other young people and advice for any young person dealing with the loss of a loved one.</p> <p>Hope Again provides somewhere to turn to when someone dies.</p>	<p>https://www.hopeagain.org.uk/</p> <p>Email: hopeagain@cruse.org.uk</p>
<p>Papyrus (Prevention of Young Suicide)</p>	<p>Papyrus provides advice and support for young people who feel like they want to take their own life. All advice is confidential.</p> <p>There is lots of advice and support for parents, including a booklet:</p>	<p>https://www.papyrus-uk.org/</p> <p>0800 068 4141</p> <p>Email: pat@papyrus-uk.org</p>

	https://www.papyrus-uk.org/wp-content/uploads/2020/08/Supporting-Your-Child-A-Guide-for-Parents.pdf	
Shout Shout85258	<p>Shout provides free, confidential, 24/7 text message support in the UK for anyone struggling to cope. They can help with issues including suicidal thoughts, depression, anxiety, panic attacks, abuse, self-harm, relationship problems and bullying.</p> <p>There are resources for parents: 'If you're a parent and you're worried about your child, we've put together some resources on different topics that may help you. If you or child is struggling, you can text SHOUT to 85258 for support. If someone's life is at imminent risk, call the emergency services on 999.'</p>	https://giveusashout.org/ Text 'Shout' to 85258
Switchboard LGBT+ helpline	<p>This is a safe space for anyone to discuss anything, including sexuality, gender identity, sexual health and emotional well-being.</p> <p>They help people to explore the right options for themselves through support on the phone, email and instant messaging.</p>	https://switchboard.lgbt/ 0300 330 0630
Children and Adolescent Mental Health Services (CAHMS)	Trafford CAHMS (formerly Healthy Young Minds) offers specialist services to children and young people who are experiencing mental health	https://mft.nhs.uk/rmch/trafford-camhs-formerly-healthy-young-minds-trafford/

difficulties. They help children and young people up to the age of 18 years and provide assessment and intervention and support to their families and carers. Referral methods: health professional	0161 549 6456
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Useful links:

Talking Mental Health: <https://www.youtube.com/watch?v=nCrjevx3-Js>

Advice & Support for Parents/Carers: <https://www.annafreud.org/parents-and-carers/>

We All Have Mental Health: <https://www.youtube.com/watch?v=DxIDKZHw3-E>