

We offer different levels of support:

Universal Support- To meet the needs of all our pupils through our overall ethos and our wider curriculum. For instance, developing resilience for all.

Additional support- For those who may have short term needs and those who may have been made vulnerable by life experiences such as bereavement.

Targeted support- For pupils who need more differentiated support and resources or specific targeted interventions such referral to wider professionals.

1. [Anxiety Guide for Parents and Carers](#)
2. [Wellbeing Support Booklet and Action Plan](#)
3. [Mindfulness Activities](#)
4. [Just One Breath](#)

Useful links

Dealing with anxiety

<https://tutorful.co.uk/guides/the-expert-guide-to-help-your-child-with-anxiety>

Every Mind Matters

<https://coronavirusresources.phe.gov.uk/now-more-than-ever-every-mind-matters/>

Young minds parents' survival guide

<https://youngminds.org.uk/find-help/for-parents/parents-survival-guide/>

Anna Freud National Centre for Children and Families

- <https://www.annafreud.org/parents/>

Family Lives

<https://www.familylives.org.uk/how-we-can-help/confidential-helpline/>

MIND

https://www.mind.org.uk/information-support/drugs-and-treatments/talking-therapy-and-counselling/how-to-find-a-therapist/#.WZ6x_7pFzRM%C2%A0

Mentally Healthy Schools

<https://www.mentallyhealthyschools.org.uk/resources/gingerbread-for-single-parents/?page=1&IssuePageId=1301>

Young Minds

<https://youngminds.org.uk/resources/school-resources/find-your-feet-transition-tips-for-parents/>

Parents Protect

<https://www.parentsprotect.co.uk/if-a-child-tells-you-about-abuse.htm>

NHS

<https://www.nhs.uk/live-well/alcohol-support/>

Anorexia/Bulimia care

<http://www.anorexiabulimiacare.org.uk/family-and-friends/parents>

Autism Help

<https://www.autismhelp.info/primary-years>

MENCAP

<https://www.mencap.org.uk/>

Rare Chromosome

<https://www.rarechromo.org/>

Books Beyond Words

<https://booksbeyondwords.co.uk/>

HOW TO SUPPORT YOUR CHILD'S MENTAL HEALTH

 @BELIEVEPHQ

www.BelievePerform.com



LOVE
Be there for your child and show care and love



EXERCISE
Encourage play, exercise and sport



BEHAVIOUR
Keep an eye out for any changes in behaviour



SUPPORT
Regularly support, encourage and praise your child



REST TIME
Help your child to manage stress by building in some rest time



BE PROUD
Tell your child that you are proud of them



PATIENCE
Be patient. Don't pressure your child



HELP
Don't be afraid to seek help from professionals



FEELING
Get to know how your child is feeling



EDUCATE
Educate yourself about mental health problems



PROBLEM SOLVING
Help your child to effectively problem solve



LISTEN
Make sure you take time to listen to what your child has to say



COPING
Help your child to learn some simple coping skills such as relaxation



SYMPTOMS
Be aware of signs and symptoms



CONVERSATION
Encourage your child to engage in conversation



ENVIRONMENT
Provide a positive environment for your child where they can thrive



Open Your Eyes to the Power of Nature

The evidence is clear that spending even a short time in nature is vital for human health, promoting better physical and mental wellbeing. Nature can heal, reduce stress and pain, refresh tired minds, boost immunity and create space for quiet contemplation. Unstructured play outdoors can help us connect with others, while the repetitive patterns in nature fascinate us, relaxing and rebooting our brain.

(RHS - Your Wellbeing Garden)

