



SHUSTOKE C OF E PRIMARY SCHOOL WELLBEING SUPPORT FOR PUPILS AND PARENTS/CARERS

We all have times when things are more difficult and our mental wellbeing is challenged. Throughout Warwickshire and Nationally, there are a range of agencies, charities and activities which can offer strategies and support to help both children and adults.

Listed below are some recognised resources which may be of use to you during challenging times. Links to specific pages have not been included as the resources are updated regularly.

You are not alone in these times - if we at Shustoke C of E Primary School can be of further assistance, please contact your child's class teacher initially, who may then direct you to the SEND team.

NATIONAL ORGANISATIONS AND CHARITIES

YOUNG MiMINDS

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

Who We Are:

We're leading the fight for a future where all young minds are supported and empowered, whatever the challenges.

What we do

We provide advice and support to empower anyone experiencing a mental health problem.



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



Who we are and what we do

Prevention is at the heart of what we do. Our vision is good mental health for all. Our mission is to help people understand, protect and sustain their mental health.

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

We offer advice on all aspects of parenting.



<http://familylives.org.uk/>



We're here to help you make small changes that fit your life, so you feel better and healthier every day.

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

We are the UK's largest provider of relationship support.



<http://www.relate.org.uk/>



We offer advice on dealing with domestic violence.

<http://www.refuge.org.uk/>

We offer confidential support for people experiencing feelings of distress or despair.



<http://www.samaritans.org/>



We are a children's charity dedicated to ending child abuse and child cruelty.

<http://www.nspcc.org.uk/>

We work to relieve and support those living with anxiety and anxiety-based depression by providing information and support.



<http://www.anxietyuk.org.uk/>



We are a voluntary charity offering support for sufferers of panic attacks and obsessive compulsive disorder (OCD).

<http://www.nopanic.org.uk/>



We focus on improving support and knowledge around self-injury

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

We have developed a strong and professional reputation for delivering caring, child-centred work, which focuses on the emotional and social needs of all young people.



<https://www.selfharm.co.uk/>



We are a growing social movement working to change the way we all think and act about mental health problems.

let's end mental health discrimination

<https://www.time-to-change.org.uk/>

We are the UK's eating disorder charity.



<http://www.b-eat.co.uk/>

LOCAL SUPPORT



We provide a wide range of mental health and learning disability services for people of all ages in Coventry and Warwickshire

<https://www.covwarkpt.nhs.uk/>

Our services respond to a wide range of children's physical and mental health needs.



<https://www.compass-uk.org/services/warwickshire-school-health-wellbeing-service/>

Chat Health – mental health advice for teens in Warwickshire. ChatHealth is a confidential text messaging service that enables children and young people (aged 11-19) to contact their local public health nursing (school nursing) team. This service is provided by Compass wellbeing workers.

Text: 07507 331525.

Parentline - a confidential text messaging for parents/carers which enables them to contact the school nursing team. This service is provided by Compass wellbeing workers.

Text: 07520 619 376

APPS RECOMMENDED BY THE NHS



Smiling Mind is a unique tool developed by psychologists and educators to help bring balance to your life.

<https://www.smilingmind.com.au/>

SAM is a friendly app that offers a range of self-help methods for people who are serious about learning to manage their anxiety.



<https://sam-app.org.uk/>



Calm Harm is an award-winning app developed for teenage mental health. It provides tasks to help young people resist or manage the urge to self-harm.

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

REMEMBER THE FIVE WAYS TO EMOTIONAL WELLBEING

BE ACTIVE

Keeping up with physical health is important for mental health:

CONNECT

Maintaining healthy relationships with trusted people is important for mental wellbeing.

GIVE

Seeing yourself, and your happiness, linked to the wider community can be incredibly rewarding and creates connections with other people.

KEEP LEARNING

Creating a new daily routine that prioritises looking after yourself is very important.

Suggestions to achieve this:

- reading more or watching movies
- having an exercise routine
- trying new relaxation techniques
- finding new knowledge on the internet.

TAKE NOTICE OF NATURE

Bringing nature into everyday life can benefit both mental and physical wellbeing. It can improve mood, reduce feelings of stress or anger, and aid relaxation.

Suggestions to achieve this:

- Spend time with the windows open to let in fresh air
- Spend time in the garden or an open space

WEEKLY WELLBEING CHECK-UP

Try using this list each week to check in with your mental health

**#ADDRESS
YOUR STRESS**



Where's my mental health today?

How do I feel today?

Mentally?

Physically?



Looking after my wellbeing

Am I drinking enough water and eating a balanced diet?

How did I sleep last night?

Did I feel rested when I woke up?

Is there anything I can improve?



How's my thinking today?

How are my thoughts making me feel?

Am I having unhelpful thoughts?

For free resources on spotting and challenging unhelpful thoughts, visit getselfhelp.co.uk or create Your Mind Plan with **Every Mind Matters**



My Stress Container

How full is my container?

Am I using helpful coping strategies?

Are they working?

Learn about your stress container here: mhfaengland.org/mhfa-centre/resources



MHFA England

There are simple steps you can take to **#AddressYourStress**. Check out our resources at mhfaengland.org

Family Information Service (FIS)

We provide information, advice and one-to-one support for families with children and young people aged 0 to 25 across Warwickshire on issues including:

- family relationships
- finance
- housing
- parenting support
- special educational needs and disabilities (SEND)
- Childcare
- health and wellbeing

<https://www.warwickshire.gov.uk/childrenandfamilies>