

Anna Freud National Centre for Children and Families

<https://www.annafreud.org/what-we-do/anna-freud-learning-network/coronavirus/>

Every Mind Matters

Every Mind Matters has now released expert advice and top tips on how to look after your mental wellbeing if you need to stay at home during the coronavirus (COVID-19) outbreak. It also includes guidance if you're feeling worried or anxious about the outbreak.

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

HBBS counselling: .

Committed to continue to support our clients and in order to achieve this are now offering counselling sessions via telephone - they hope to be able to offer video sessions very soon. Their Family Liaison and Young Person Liaison Roles are working hard to provide support and resources to young people during this difficult time.

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

ELSA Support:

Resources include 'Health and wellbeing during the Coronavirus outbreak', 'Someone I know has Coronavirus story', 'Home and School Coronavirus resource pack', 'Social Contact Story', 'Coronavirus Story for children' and 'Coronavirus 14 day self isolation activities' · Includes a dedicated section for Coronavirus support, providing free resources for teaching staff and parents to help children cope with the current viral outbreak

<https://www.elsa-support.co.uk/category/free-resources/coronavirus-support/>

TES Resources:

<https://www.tes.com/news/coronavirus-7-way-protect-your-mental-health>

<https://www.tes.com/coronavirus>

Mindfulness in Schools Project:

Provides daily practice of mindfulness online with drop-in sessions. Sessions take place Mondays-Fridays at 11:00am as well as Tuesday's and Thursday's at 7:30pm and last 20-30 minutes and are accessed via Zoom with a training team member that can guide you through a practice and channel any discussion that will follow

<https://mindfulnessinschools.org/misp-sit-together>

Education Support Partnership:

Dedicated to supporting the mental health and wellbeing of education staff. Their support services are still available during this crisis

<https://www.educationsupport.org.uk/helping-you/coronavirus-supportingeducation-staff>

24/7 helpline with trained counsellors on 08000 562 561

<https://www.educationsupport.org.uk/helping-you/telephone-support-counselling>

The Employee Assistance Programme also continues to be available by telephone, helping you to look after yourselves and each other

<https://www.educationsupport.org.uk/helping-your-staff/employee-assistanceprogramme>

Mentally healthy schools:

Supporting school staff during these uncertain times. Within the COVID-19 toolkit is a booklet to support schools, videos to provide practical guidance and tips to schools, parents and carers about coronavirus and mental health, activities to ease anxiety that can be done at school or at home and other helpful advice, helplines and resources for adults and children.

<https://www.mentallyhealthyschools.org.uk/resources/coronavirus-resources-formental-health-and-wellbeing/>

Samaritans

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

or call 116 123

MIND

<https://www.mind.org.uk/information-support/helplines/>

or call 0300 123 3393

Domestic Abuse

Some Useful Links:

- *Ask for Ani: Visit a local pharmacy (such as Boots) and “Ask for Ani”:* <https://uksaysnomore.org/news-ask-for-ani-safe-spaces/>
- *Home Office: Domestic abuse: How to get help (2021). These pages have been translated into several languages:* www.gov.uk/guidance/domestic-abuse-how-to-get-hel
- *Refuge:* www.refuge.org.uk
- *Respect Men’s Advice Line:* <https://mensadviceline.org.uk/>