

Emotional support and wellbeing

Primary Schools

PUPILS AND PARENTS



Created by

Ealing Mental Health Support Team

April 2021

Contents

Introduction	2
Top tips to support your wellbeing	3
Resources for children	5
Resources for parents and carers: supporting your child	6
Resources for parents and carers: supporting your wellbeing	7
Special Educational Needs and Disability (SEND) resources	8
Additional information on bereavement	9
Where can I find further support?	10
General support services	10
Local support services	13

Accessing the links

In this booklet there are a range of different resources on each page. There are blue links that are underlined as well as coloured boxes that say 'go to resource'. Depending on what device you have you can click on the link, and it will either take you to a webpage or automatically download a pdf file. On some computers you will have to hover over the link and click **Ctrl** and the link.

Any issues with the resources

There is a great deal of information out there regarding COVID-19 and wellbeing. We have included in this booklet what we consider to be the best resources that have been made by other services or organisations. We apologise if you come across any issues with using the resources or any errors within them, however since we did not make them we could not make any changes. Please feel free to contact the relevant organisation with any comments about individual resources.

Introduction

The Ealing Mental Health Support Team (MHST) is a service designed to support the wellbeing of children and young people in education settings, aiming to provide evidence-based support at the earliest signs of difficulties and promote life-long positive mental health.

In April 2020 we created a handbook about support and wellbeing in response to the then emerging COVID-19 situation. A year down the line, a lot has changed. We are thankfully making a return to normal life, as restrictions are gradually easing. Children and young people are back in school, we are able to see our friends and family more easily and hopefully get back to the things that make us happy.

After a difficult year, it is more important than ever to be taking extra care to look after our mental health and wellbeing. In this new booklet, we have included evidence-based resources for parents and carers to support their children as they return to school and our “new normal”. We have also listed a range of further support services at the end of this booklet. We hope you will find some helpful resources on the pages that follow.

Ealing Mental Health Support Team

Top tips to support your wellbeing

Exercise



Physical activity has a huge potential to enhance our wellbeing. Even a short brisk walk can increase our mental alertness, energy and positive mood. Participation in regular physical activity can also increase self-esteem, and reduce stress and anxiety.

Find out more: [How to use exercise](#)
[Get active](#)

Diet



What we eat and drink affects our physical and mental health. Having a balanced diet can have a positive impact on your energy levels, it can also help you to think more clearly and improve your mood and overall wellbeing.

Find out more: [What a healthy balanced diet looks like](#)
[Tips on healthy food swaps](#)

Sleep



It is important to develop and stick to a healthy sleep routine. Good-quality sleep makes a big difference to how we feel mentally and physically. For example, it helps us cope with any worries surrounding the coronavirus and boosts our immune system's ability to fight infections.

Find out more: [Top tips for better sleep](#)
[Sleep tips for young people](#)

Stay connected



Maintaining healthy relationships with people you trust is important for your mental wellbeing. Think about how you can stay connected with friends and family, whether it is in person – by going for a walk, shopping or sitting in the park together – or virtually – by phone, messaging, video calls or social media.

Find out more: [10 apps to stay in touch](#)

Routine



We have had lots of changes to our normal routines over the last year, which can make it hard for us to feel grounded and relaxed. Try to figure out what your routine will look like now. For example, think about planning when you wake up and go to sleep, and scheduling fun and meaningful activities into your week.

Learn new skills



Research shows that learning new skills can improve your wellbeing by boosting self-confidence, helping you build a sense of purpose and helping you connect to others. Consider taking up a new hobby, working on a DIY project or signing up for a course at a local college.

Relaxation and mindfulness



Adjusting to the “new normal”, uncertainty about school or exams, and other things going on in your life can lead to stress and anxiety. Relaxation techniques such as deep breathing and meditation can really help your wellbeing. If you are able to practice these regularly then you will feel the greatest benefits, so see if you can set aside even a little time every day.

Find out more: [Relaxation Techniques](#)
[What is mindfulness?](#)
[Mindful Breathing Exercise](#)

Looking for positives



No matter what is happening, it is important to continue to stay positive. One way you can stay positive is to keep a gratitude journal, where every day you write down one or two things you are grateful for that day (no matter how small). You could use social media to follow accounts dedicated to spreading positive stories. You could consider with your family how you can help the people in your community, as helping others can be good for our own mental health and wellbeing.

Find out more: [The Happy Newspaper](#)

Resources for children

We have put together resources to support children's understanding of the current situation as well as activities, interactive websites and materials to support their wellbeing. Click on each 'go to resource' to find out more!

Mindfulness calendar: Daily 5 minute activities PDF

Go to resource

Childline Calm Zone Website

Try some of our breathing exercises, activities, games and videos to help let go of stress.

Go to resource

The Little Elf and the Flowers of Hope and Bravery Video

The Little Elf and the Flowers of Hope and Bravery

A therapeutic story to help primary children to explore feelings relating to a return to school during the coronavirus pandemic.



Go to resource

Self-care kit PDF

Go to resource

Rest Easy activities and strategies

Website

Go to resource

Adventures in Wellbeing PDF

Designed with and for children, Adventures in Wellbeing is a resource full of ideas and activities to support children's wellbeing in the days, weeks and months after they return to school.

Go to resource

In It Together – returning to school after lockdown Video



Go to resource

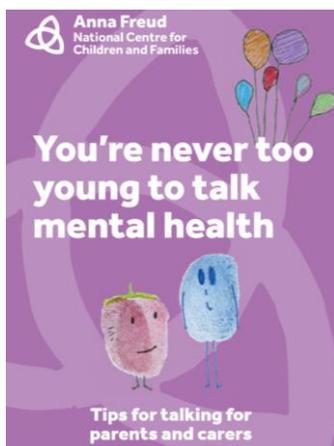
Resources for parents and carers: supporting your child

In this section you can find resources for supporting your child, ways to talk about mental health and wellbeing as well as support and guidance for the weeks and months following the transition back to school. Click on each 'go to resource' to find out more!

Separation anxiety: tips for parents

PDF

Go to resource



Go to resource

Wellbeing toolkit for parents of primary school children

PDF

Go to resource

Government guidance: What parents need to know about schools during COVID-19

Website

Go to resource

BBC Parents' toolkit

Website

Top tips, useful links and expert advice to support you and your child's wellbeing and learning in a changing world.

Go to resource

Tips for parents and caregivers – preparing your child to return to school

Website

Go to resource

Make it count!

PDF

This guide is for parents and carers to help children understand, protect and sustain their mental health.

Go to resource



Resources for parents and carers: supporting your wellbeing

Looking after yourself as a parent or carer is not selfish – your health and well-being is important so that you can care for yourself and others. Click on each 'go to resource' to find out more!

Calming down worries – for adults

PDF

Go to resource

Self-care for parents and carers

Website

Go to resource

What is self-care and why is it important? Video



Go to resource

Managing your mental health through uncertainty Website

Go to resource

10 stress busters - NHS Website

Tips and audio guides with practical advice to help you reduce your stress levels.

Go to resource

Family Lives – Wellbeing and Emotional Health Website

Go to resource

You can find a list of apps for wellbeing and mental health [here](#).

If you feel that you may need further support from mental health services, you can find out how to access mental health services [here](#).

Special Educational Needs and Disability (SEND) resources

Support for parents

Parents' Toolkit: SEND

Website

[Go to resource](#)

Returning to school

1-Page PDF

[Go to resource](#)

Social Stories

A Social Story is a social learning tool that supports the meaningful exchange of information between parents/carers or professionals and children with SEND. They provide concrete, visual cues that serve to communicate expectations, reduce anxiety, increase independence and reduce inappropriate behaviour when introducing a new activity/routine.



They were designed for children with autism but can also be useful for children with sensory needs or literacy, attention/behavioural difficulties. Below are some links to social stories that can be used to help explain the current situation:



Younger children

Wearing a mask

PDF booklet

[Go to resource](#)

Older children

Wearing a mask

PDF booklet

[Go to resource](#)

My back to school bubble

[Go to resource](#)

Compilation of social stories

[Go to resource](#)

Additional Information on Bereavement

Due to the global coronavirus pandemic many families will face bereavement, often under very difficult circumstances. Families may also be cut off from members of their usual support network making them unable to grieve in the usual way. As a result, we have collated some resources to support families who have to face grief and bereavement in these challenging times.

Websites for Parents/Carers

[Grief Encounter](#)

[Winston's Wish](#)

[Cruse Bereavement](#)



Videos for Parents/Carers

[Supporting children through difficult times](#)

[When you can't visit someone who is ill](#)

[Supporting bereaved children](#)

[Supporting a bereaved child with ASD](#)



Websites for Young People

[Help 2 Make Sense](#)

[Hope Again](#)



Where can I find further support?

General support services

Age UK - <https://www.ageuk.org.uk/>

Information on coronavirus, including updates on how you can look after yourself and loved ones, comments from Age UK, and ways you can support older people.

- » Call 0800 678 1602 (available 8am-7pm, every day)

Anxiety UK - <https://www.anxietyuk.org.uk/>

Information, resources and support for helping you understand how to deal with your anxiety during these difficult times.

- » Call 03444 775774 (available 9:30am-10pm Monday-Friday, 10am-8pm weekends)

BEAT - <https://www.beateatingdisorders.org.uk/>

Beat is the UK's eating disorder charity. We exist to end the pain and suffering caused by eating disorders.

- » Call 0808 801 0677 (available 12pm-8m every day, 4pm-8pm weekends)

Childline - <https://www.childline.org.uk/>

A free and confidential support service for children. Childline is here to help anyone under 19 in the UK with any issue they're going through.

- » Call 0800 1111 (available 9am – midnight, every day)
- » Chat online to a counsellor (available 9am – midnight, every day)

Frank - www.talktofrank.com

Confidential advice and information about drugs.

- » Call 0300 123 6600 (available 24 hours a day, every day)
- » Text 82111 with a question
- » Chat online (available 2pm-6pm, every day)

Good Thinking - <https://www.good-thinking.uk/>

A free, NHS-supported service to support individuals in managing their own mental health and building resilience so they can perform at their best.

Kooth - www.kooth.com

Free, safe and anonymous online counselling for young people.

- » Chat online to a trained counsellor (until 10pm, every day)

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

Call, text or email for signposting to mental health support in your area.

- » Call 0300 123 3393
- » Text 86464
- » Email info@mind.org.uk

The Mix - www.themix.org.uk

Online guide to life for 16-25 year-olds in the UK. Emotional support is available 24 hours a day. On the website, you can chat about anything you like on their moderated discussion boards and live chat room.

- » Call 0808 8080 4994 (4pm-11pm, every day)
- » Chat online to trained supporter (4pm-11pm, every day)
- » Crisis messenger text service (24 hours a day, every day)

NSPCC - <https://www.nspcc.org.uk>

The NSPCC is the UK's leading children's charity, preventing abuse and helping those affected to recover

- » Call 0808 800 5000
- » Email help@nspcc.org.uk
- » If you would like support about **online safety**, go to:
<https://www.nspcc.org.uk/keeping-children-safe/online-safety/talking-child-online-safety/>

Refuge (National Domestic Abuse Helpline) - <https://www.refuge.org.uk/>

The National Domestic Abuse Helpline is a freephone 24-hour helpline which provides advice and support to women and can refer them to emergency accommodation.

- » Call 0808 200 0247

PAPYRUS (Suicide Prevention Charity) - www.papyrus-uk.org

Confidential help and advice to young people and anyone worried about a young person.

- » Call 0800 068 4141 (10am-10pm Monday-Friday, 2pm-10pm weekends)
- » Text 07786 209 697 (10am-10pm Monday-Friday, 2pm-10pm weekends)
- » Email pat@papyrus-uk.org

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

A 24-hour service offering confidential emotional support to anyone who is in crisis.

- » Call 116 123 (24 hours a day, every day)
- » Email jo@samaritans.org

Shout Crisis Textline - <https://www.giveusashout.org/>

Shout is the UK's first 24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help.

- » Text Shout to 85258 (24 hours a day, every day)

Switchboard (LGBT+ helpline) - <https://switchboard.lgbt/>

A safe space for anyone to discuss anything, including sexuality, gender identity, sexual health and emotional wellbeing.

- » Call 0300 330 0630 (10am-10pm, every day)
- » Chat online
- » Email chris@switchboard.lgbt

Young Minds - www.youngminds.org.uk

Information for young people about emotions and mental health.

- » Young people - text 85258 (24 hours a day, every day)
- » Parents - call the parents helpline 0808 802 5544

Local support services

Ealing Advice Service - <http://ealingadvice.org/>

The service provides free, advice and assistance in social welfare.

» Call 0300 125464

Ealing Council - <https://www.ealing.gov.uk/coronavirus>

You will find links that will take you to regularly updated pages with the latest council service information.

Ealing Families Directory - www.ealingfamiliesdirectory.org.uk

An online services directory and information resource for children, young people and families living in the London Borough of Ealing

For information about **Food Banks** in Ealing:

<https://www.ealingfamiliesdirectory.org.uk/kb5/ealing/directory/advice.page?id=mr-exlG6aIY>

Ealing Family Information Service - www.ealingfamiliesdirectory.org.uk

The FIS can offer advice on services and support available. A dedicated SEND officer can also provide support and specialist information for families who have a child with additional needs or disability. During this time, the FIS will also be supporting parents whose jobs have been identified as being 'Critical Workers' and parents of vulnerable children; with information on which schools and childcare provisions remain open for their children to attend.

» Call 020 8825 5588

» Email: children@ealing.gov.uk

Ealing Grid for Learning - <https://www.egfl.org.uk/>

The Ealing Grid for Learning (EGfL) provides information for school staff, governors and the Ealing Learning Partnership.

Ealing Together - <https://ealingtogether.org/help-for-residents/>

Ealing Together was set up in response to the Coronavirus pandemic by Ealing council, local charities and businesses to offer support to its residents.

» Call 020 8825 7170

Young Ealing – <https://www.youngealing.co.uk/about/>

Ealing Council's Youth and Connexions Service provides services to empower and inspire young people (aged 13-19 years old, up to 25 for those with additional needs) to make positive life choices.

- » Call 020 8825 5777

Ealing services for SEND

Ealing Local Offer - www.ealinglocaloffer.org.uk

Information on services and support for children and young people ages 0-25 with SEND.

- » Call 020 8825 5588 (9am-5pm, Monday-Friday)
- » Email: children@ealing.gov.uk

Contact Ealing - <https://contact.org.uk/>

Contact is a leading UK Wide charity, providing advice, information and support to families caring for children and young people aged 0-25, with any disability or additional need, regardless of diagnosis.

- » Email ealing@contact.org.uk
- » Call 020 8571 6381

ISAID Ealing – <https://www.family-action.org.uk/what-we-do/children-families/send/isaid/>

ISAID (Impartial Support, Advice and Information on Disabilities and Special Educational Needs) offers free, impartial, independent advice and support to families living in Ealing with a child or young person up to the age of 25 who has special educational needs or a disability (SEND).

- » Call 0203 9788989
- » Email isaidealing@family-action.org.uk

Ealing Mencap – <http://www.ealingmencap.org.uk/covid19>

LIFELINE is available to anyone in Ealing with learning disabilities, Autism or physical disabilities, as well as their families/carers.

- » Call 020 8566 9575 (9am-5pm, Monday-Friday)

We hope you find the resources in this handbook helpful. We aim to continuously improve our service and tailor it to the children, young people and families we work with. Therefore, we would be grateful for any feedback.

[Please click here to fill out a survey](#)

