

# Emotional support and wellbeing

## Secondary Schools

PUPILS AND PARENTS



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Ealing Mental Health Support Team

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## 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 young people: general

Here we have found a range of information and resources which can be beneficial in supporting your mental and physical wellbeing during this time. Click on each '**go to resource**' to find out more. There's something for everyone!

### 5 Ways to Wellbeing

Website

Go to resource

### Self-care ideas

Website

Go to resource

### The best wellbeing apps

1-page PDF

Go to page 16!

### The Little Book of Kindness

PDF booklet

Go to resource

### Dealing with uncertainty

PDF booklet

Go to resource

### Positive Planning

PDF booklet

Go to resource

### Wellbeing videos

Website

Go to resource

### Relaxation

Website

Go to resource

## Resources for young people: exams

Worries about exams are affecting lots of young people but whether it's GCSEs, A Levels or school assessments there is support out there. Click on each '**go to resource**', where you can find guidance about coping with cancelled exams, reducing exam stress and revision support.

### How others are coping with exams being cancelled

Website

Go to resource

### Government information about awarding grades

PDF Infographic

Go to resource

### Dealing with stress of new assessments

Website

Go to resource

### Coping with cancelled exams

PDF Poster

Go to resource

### Beat exam stress

PDF booklet

Go to resource

### Advice from other young people

PDF poster

Go to resource

[BBC Bitesize](#) is another great resource for support regarding exams from revision to exam stress tips and beyond as both articles and videos.

Try starting with their '[Exams and Revision](#)' and '[Stress Management](#)' pages to see what they have on offer and explore further.

# Resources for parents and carers: your child's wellbeing

Here we have found a range of useful resources for parents and carers. The following information is centred around helping you to support your child's wellbeing during these times of uncertainty. Click on each 'go to resource' to find out more!

## Back to school support hub

Website

Go to resource

## Parents Toolkit

Website

Go to resource

## Returning to school after lockdown

PDF handout

Go to resource

## Supporting your teenager through their exams

Website

Go to resource

## Parents' tips for mental health

Website

Go to resource

## Government guidance for parents and carers on supporting children and young people's mental health and wellbeing

Website

Go to resource



# Resources for parents and carers: your wellbeing

Here we have found a range of useful resources for parents and carers. The following information might be helpful for managing your own wellbeing and mental health during this time of uncertainty. Click on each 'go to resource' to find out more!

## Managing anxiety as lockdown eases

Website

Go to resource

## Managing your mental health through uncertainty

Website

Go to resource

## Mindfulness for Parents

PDF booklet download

Go to resource

## Self-care for parents and carers

Website

Go to resource

## Family Wellbeing

Website

Go to resource

## Calming down worries – for adults

PDF handout

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](#)

#### My back to school bubble

PDF booklet

[Go to resource](#)

### Older children

#### Wearing a mask

PDF booklet

[Go to resource](#)

#### Compilation of social stories

Interactive online guide

[Go to resource](#)

# Bereavement support

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 Adults

[Grief Encounter](#)

[Winston's Wish](#)

[Cruse Bereavement](#)



## Videos for Parents and 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-8pm 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](http://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](http://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](mailto:info@mind.org.uk)

**The Mix** - [www.themix.org.uk](http://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](mailto: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](http://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](mailto: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](mailto: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](mailto:chris@switchboard.lgbt)

**Young Minds** - [www.youngminds.org.uk](http://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](http://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-exIG6aIY>

### **Ealing Family Information Service** - [www.ealingfamiliesdirectory.org.uk](http://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](mailto: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](http://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](mailto: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](mailto: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](mailto: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)



# THE BEST WELLBEING APPS

Here are a few apps you can download when you are spending time at home during self-isolation. There are a range of apps focusing on your mental health and wellbeing. You can regularly check in with yourself by setting reminders in your phone (you can even set reminders within the apps)



1

### DAYLIO APP

This is a great app to keep track of your mood and everything you have been up to. Pick your mood and add activities you have been doing during the day. You can also add notes and keep a diary.

2

### FEELING GOOD: POSITIVE MINDSET APP

Relax your body and mind with a series of audio tracks designed to help you build confidence, energy and a positive mindset.

3

### THINKNINJA APP

ThinkNinja is an app specifically designed to educate 10-18 year olds about mental health, emotional wellbeing and to provide skills young people can use to build resilience and stay well. ThinkNinja has specific COVID-19 content including fears relating to the virus, health worries and isolation struggles.

4

### CALM APP

Develop a daily meditation practice. Discover daily meditations, meditation series on stress & anxiety, and more!

5

### HEADSPACE APP

Meditation has been shown to help people stress less, focus more and even sleep better. Headspace is meditation made simple. We'll teach you the life-changing skills of meditation and mindfulness in just a few minutes a day.

6

### CATCH IT APP

Learn how to manage feelings like anxiety and low mood with Catch It. The app will teach you how to look at problems in a different way, turn negative thoughts into positive ones and improve your mental wellbeing.

7

### MINDFULNESS VIDEOS

Go onto youtube and search for mindfulness videos. There is a huge range for mindfulness and meditation. Type in 'mindfulness for beginners' and give it a go!

8

### YOUTUBE

Now would be the perfect time to youtube videos such as yoga, 15 minute exercise sessions, learn how to use watercolours. The list is endless!

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](#)

