

Emotional support and wellbeing

Secondary School

SCHOOL STAFF



Created by
Ealing Mental Health Support Team

April 2021

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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 handbook, we have included evidence-based resources for teachers in secondary school to support the wellbeing of their students as they return to school and our “new normal”. We also have a dedicated section about supporting your own wellbeing. Finally, we have listed a range of further support services at the end of this handbook. 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



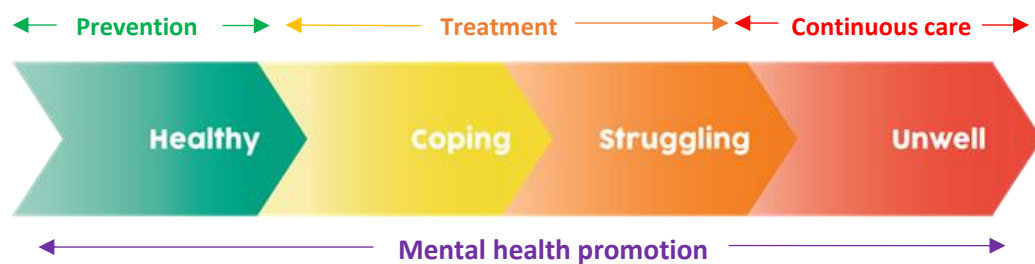
No matter what is happening, it is important to continue to stay positive. One way you can stay positive is to keep a gratitude journal, where every day you write down one or two things you are grateful for that day (no matter how small). You could use social media to follow accounts dedicated to spreading 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](#)

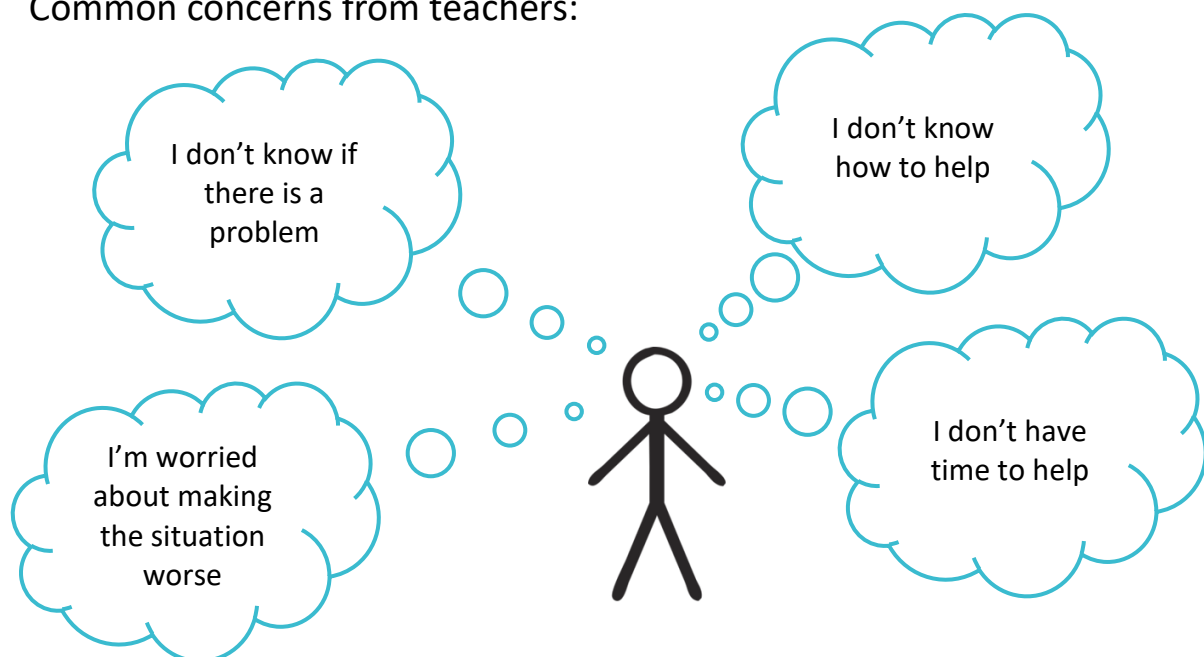
Supporting students with their wellbeing

As young people return to school and our lives return to a “new normal”, it is important for their wellbeing to be at the forefront of everyone’s minds. Teachers and other school staff have a crucial role in recognising when a student is struggling and knowing how to help.

We all have mental health – it exists on a spectrum. Wherever someone sits on the spectrum, mental health and wellbeing should be promoted.



Common concerns from teachers:



We completely understand why you might have some of these worries. However, the wellbeing of young people is everyone’s responsibility. You all have a lot of experience working with children and young people, so trust your instincts. It is always better that you explore a situation than leave it. If you feel out of your depth, ask for help - you are not alone.

Everyone struggles, or feels anxious or low sometimes.



When do we know if there is a problem?

- If it happens frequently
- If it lasts for a long time
- If the feeling is very intense
- If they are acting out of character
- If it impacts the young person's ability to live a normal life (home, school life, social, leisure)

How do I help someone who is struggling?

1. **Recognise** that they are struggling
2. **Ask** sensitive but direct questions
3. **Respond** by listening, empathising and validating
4. **Encourage** problem-solving
5. **Refer** to further support if necessary
6. **Check-in** with them

| | |
|---|--|
| Recognise that they are struggling | I've noticed recently that you have been... |
| Ask sensitive but direct questions | When did you start feeling like this? Can you tell me more about that? How often do you feel this way? How does... make you feel? Have you spoken to anyone else about this? |
| Respond by listening, empathising and validating | That must be really difficult for you. I can understand why that might make you feel... So it sounds like you might be feeling... because... |
| Encourage problem-solving | What do you think might help you feel better? What do you normally do when you are feeling like this? What are we going to do about this? We can't... but we can try... |
| Refer to further support if necessary | Thank you for speaking to me about what's going on. I think it could help you to speak to someone who knows a little bit more about this. Shall we think about some options? There are some great apps/websites/charities/organisations that some people find helpful. Would you like me to give you a list? |
| Check-in with them | I was just wondering how things are going with... |

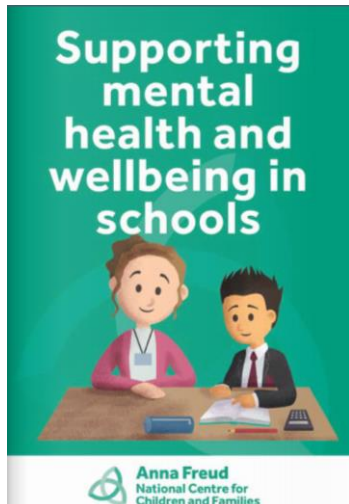
Make sure you are aware who you should go speak to in your school if you are worried about a student. This might be your:

- Mental health lead
- Designated safeguarding lead (DSL)
- Head of year
- Pastoral care
- Pastoral support

Here is a collection of amazing resources for school staff to use to learn more about mental health and wellbeing, as well as resources you can use in school to support your students. Click on each '**go to resource**' to find out more!

Supporting mental health and wellbeing in schools

PDF booklet



Go to resource

Getting started – teaching and support staff

Website

To help get you started in promoting and supporting the mental health of the students in your school, we've provided 10 useful tips and pieces of advice to help you feel informed in the decisions that you make, and also guided on where to seek support if needed.

Go to resource

Risk and protective factors

Website

This aims to help school staff understand the many risk factors that may challenge and undermine children's mental health.

Go to resource

Mental health needs

Website

This includes information on the different conditions that might affect children and young people, the behaviours that school staff might see that could indicate a student is struggling, and the strategies that school staff can employ to support them.

Go to resource

Getting started – school leaders

Website

Children and young people's mental health and wellbeing should be a core thread running through all school activities, and should clearly link with whole-school priorities. School leaders need to be the driving force behind this.

Go to resource

Starting a conversation about mental health with secondary school students

1-page PDF

[Go to resource](#)

Starting a conversation about mental health with parents and carers

Website

[Go to resource](#)

Every Mind Matters: lesson plans for teachers

Website

Helping you teach PSHE, RHE and RSHE to Upper KS2, KS3 and KS4 students, with flexible, ready-to-use content co-created with teachers, and young people.



Examples:

- Physical and mental wellbeing
- Worry
- Social media
- Sleep
- Dealing with change
- Bullying and cyberbullying
- Alcohol
- Exam stress
- Body image in a digital world
- Forming positive relationships

[Go to resource](#)

Animated videos around mental health resilience

Website with videos

These films are suitable for young people aged 14-18. They could be shown as part of a lesson on health and wellbeing or could be used to encourage broader discussions around mental health and resilience.

[Go to resource](#)

Mental health and wellbeing school timetable

3-page PDF

It can seem difficult to incorporate mental health and wellbeing into the average school day. Here is a simple timetable for the 2021 summer term, to help you plan ahead for curriculum themes and occasions where mental health can be explored and celebrated for both staff and pupils.

[Go to resource](#)

Transition, recovery and learning in the aftermath of a pandemic

PDF booklet

[Go to resource](#)

Booklists for staff on mental health and wellbeing

2-page PDF

[Go to resource](#)

Staff wellbeing

It is just as important that you look after your own wellbeing as it is to look after that of your students. This involves looking after yourself while you are at work, as well as in your personal life. Click on each 'go to resource' to find out more!

Supporting staff wellbeing

PDF booklet

Go to resource

How to look after your own mental health

Website

Go to resource

Self-care ideas

Website

Go to resource

Tips on time management for teachers

Website with video

Go to resource

Managing work-life balance

Website

Go to resource

Managing workload anxiety

Website

Go to resource

Understanding and managing stress: stress container

Interactive website

Go to resource

Supporting a member of staff with mental health difficulties

Website

Go to resource

10 steps towards staff wellbeing

PDF report

Go to resource

Free telephone support and counselling for teachers

Website

Go to resource

Special Educational Needs and Disability (SEND) resources

Support for teachers

Supporting social, emotional and mental health needs of autistic students as they return to school

Website

[Go to resource](#)

Supporting students with autism about changes in 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

PDF booklet

[Go to resource](#)

Compilation of social stories

Interactive online guide

[Go to resource](#)

Bereavement support

Unfortunately, families have faced bereavement over the course of the pandemic, often under very difficult circumstances. Families may have been 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

[A guide for education professionals and parents supporting bereaved pupils](#)

[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](#)



Local information for teachers

The Ealing Grid for Learning (**EGfL**) is Ealing local authority's online communication channel with schools in the borough, providing resources and information for school staff and governors and the Ealing Learning Partnership. Click on each '**go to resource**' to find out more!

Ealing Grid for Learning (EGfL) homepage

Website

Go to resource

Health improvement in schools

Website

Go to resource

Ealing Learning Partnership (ELP) services

Website

Go to resource

Wellbeing and mental health support for return to school

Website

Go to resource

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

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-exIG6aIY>

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](#)

