



Directory of Support for Children, Parents and Staff

At Swalwell Primary School, we are committed to safeguarding our community. If a safeguarding concern was ever presented, school would follow our safeguarding procedures. Any parent who is worried about the safety and well-being of a child, they can speak directly with the schools Safeguarding lead – Mr Hocking. Alternatively, they can make a concern referral to social services.

The directory below are areas which parents and staff may use to support their own mental health and well-being or those of the children in their care. This list is not exhaustive but is to be used as a directory of support and guidance for all stakeholders.

General Organisations:	
<p>Action for Happiness: https://actionforhappiness.org/ a website which provides many resources and ideas for actions which can help make people feel happier.</p>	<p>Anna Freud Centre: https://www.annafreud.org/ A children’s mental health charity providing specialist help and training.</p>
<p>Young Minds: https://www.youngminds.org.uk/ A charity committed to improving emotional and wellbeing and mental health of children and young people and empowering their parents and carers.</p>	<p>Mental Health and Behaviour in Schools: https://www.gov.uk/government/publications/mental-health-and-behaviour-in-schools--2 DfE developed practical advice and tools to help schools promote positive mental health in their pupils.</p>
<p>Childline: https://www.childline.org.uk/</p>	<p>Early Intervention Foundation: https://www.eif.org.uk/ We champion and support the use of effective early intervention to improve the lives of children and young people at risk of experiencing poor outcomes</p>
<p>Rethink Mental Illness: https://www.rethink.org/ We improve the lives of people severely affected by mental illness through our network of local groups and services, expert information and successful campaigning. Our goal is to make sure everyone severely affected by mental illness has a good quality of life.</p>	<p>Mind: https://www.mind.org.uk/ National mental health charity which offers a range of materials on all aspects of mental health.</p>
<p>The Association for Young People’s Health (AYPH): https://ayph.org.uk/ The Association for Young People’s Health works to understand and meet the particular health and wellbeing needs of 10-25 year olds. We want all young people to have the best possible health and equal access to high quality youth friendly services.</p>	<p>Mental Health Foundation: https://www.mentalhealth.org.uk/ UK charity dedicated to finding and addressing the source of mental health issues.</p>
<p>Mind Ed: https://www.minded.org.uk/ MindEd is a free educational resource on children, young people, adults and older people's mental health</p>	<p>Wellness Recovery Action Planning: https://www.combined.nhs.uk/person-centredness-framework/wellness-recovery-action-plans-wrap%E2%80%8B/ WRAP is a tool that can aid an individual’s recovery and its underpinning principles support the recovery approach. WRAP is a way of monitoring wellness, times of being less well and times when experiences are uncomfortable and distressing. It also includes details of how an individual would like others to support them at these different times.</p>

Community Development:

<p>Support for Schools: Place2be https://www.place2be.org.uk/ Place2Be is a children’s mental health charity with over 25 years’ experience working with pupils, families and staff in UK schools. We provide mental health support in schools through one-to-one and group counselling using tried and tested methods backed by research. We also offer expert training and professional qualifications</p>	<p>Mind Up: https://mindup.org/ MindUP™ The Goldie Hawn Foundation is a not-for-profit organization founded to help children develop the knowledge and tools they need to manage stress, regulate emotions and face the challenges of the 21st century with optimism, resilience and compassion.</p>
<p>Mindfulness in Schools: https://mindfulnessinschools.org/ Our charitable aim is to improve the lives of a generation of children and young people by making a genuine, positive difference to their mental health and wellbeing. Your support will ensure we reach more children by providing schools with world-leading curricula for classroom based mindfulness.</p>	<p>My Happy Mind: https://myhappy mind.org/ Our programmes for teachers, parents and children help to prepare today’s children for tomorrow’s world by building resilient, balanced and happy minds at home, nursery and school.</p>
<p>Heads Together: https://www.headstogether.org.uk/</p>	

Useful APPS:

<p>Dragon in the attic for children: dragon in the attic is a fun, replayable, game for 8 – 12 year old boys and girls about health and wellbeing choices which gives players greater awareness and confidence.</p>	<p>Headspace: https://www.headspace.com/ Work stress, sleep problems, relationship woes — we all deal with so much in our day-to-day lives. Luckily, there’s Headspace. With guided lessons on mindfulness, sleep, and simply remembering to breathe, it’s the everyday app for feeling better.</p>
<p>Moodometer: https://www.iedigital.co.uk/case-study/moodometer</p>	<p>Moodpanda: https://www.moodpanda.com/ Track your mood / Build your mood diary / Receive support</p>
<p>Smiling Mind: https://www.smilingmind.com.au/</p>	<p>SuperBetter: https://www.superbetter.com/ SuperBetter builds resilience - the ability to stay strong, motivated and optimistic even in the face of change and difficult challenges. Playing SuperBetter unlocks heroic potential to overcome tough situations and achieve goals that matter most.</p>

Helpful Resources and Publications: Depression Organisations:

<p>Mind: https://www.mind.org.uk/ National mental health charity which offers a range of materials on all aspects of mental health.</p>	<p>Young Minds: https://www.youngminds.org.uk/ A charity committed to improving emotional and wellbeing and mental health of children and young people and empowering their parents and carers.</p>
<p>The Mix: https://www.themix.org.uk/</p>	<p>Childline: https://www.childline.org.uk/</p>

<p>The Mix is the UK's leading support service for young people. We are here to help you take on any challenge you're facing - from mental health to money, from homelessness to finding a job, from break-ups to drugs</p>	
<p>HealthTalk!: https://healthtalk.org/ Real People. Real life experiences Thousands of people have shared their experiences on film to help you understand what it's like to have a health condition such as breast cancer or arthritis</p>	<p>Michael Rosen's SAD book: https://www.quentinblake.com/books/michael-rosens-sad-book A book for everyone who has ever been sad.</p>
<p>My Name is Zac (Bereavement): https://www.oxfordhealth.nhs.uk/wp-content/uploads/2014/07/my_name_is_zac_2010.pdf Comic style booklet on loss.</p>	

Helpful Resources: Anxiety Organisations:	
<p>Anxiety UK: https://www.anxietyuk.org.uk/ In 1970, the charity's founders, Katharine and Harold Fisher established The Phobics' Society from their home in Chorlton, Manchester, as a direct result of Katharine's personal experience of agoraphobia and with the sole aim of getting support in place for others living with anxiety.</p>	<p>No Panic: https://nopanic.org.uk/ No Panic specialises in self-help recovery and our services include providing people with the skills they need to manage their condition and work towards recovery, enabling them to lead more fulfilled lives.</p>
<p>OCD Action: https://ocdaction.org.uk For over 25 years OCD Action has been delivering frontline services which make a tangible and long-term difference to the lives of people with OCD, their families, carers and friends. OCD Action has a vision of a time when OCD is well understood and everyone gets the treatment and the support they need when they need it. With the OCD community, we are fighting for this.</p>	<p>OCD-UK: https://www.ocduk.org/ Information plays an important role in helping people understand and come to terms with Obsessive-Compulsive Disorder (OCD).</p>
<p>CBT Online: https://www.online-therapy.com/cbt Our whole operation is based on cognitive behavioral therapy (CBT), which is one of the most commonly used psychotherapeutic approaches for treating mental health problems. CBT online helps you to identify, challenge and overcome your dysfunctional thoughts, behaviors and emotions.</p>	<p>NICE Clinical Guidelines: https://www.nice.org.uk/guidance Evidence-based recommendations developed by independent committees, including professionals and lay members, and consulted on by stakeholders</p>

Useful Apps: Depression and Anxiety

<p>Get Self Help: https://www.getselfhelp.co.uk/ Cognitive Behaviour Therapy (CBT) has been proven to help mental health problems. This website provides CBT self help and therapy resources, including worksheets and information sheets, plus videos and self help mp3s.</p>	<p>Moodkit: https://www.good-thinking.uk/resources/moodkit/ A mood improvement app designed to help you practice mood-enhancing activities, identify and change unhealthy thinking, and track your mood over time.</p>
<p>MoodTools Depression Aid: https://apps.apple.com/gb/app/moodtools-depression-aid/id1012822112 If you are feeling sad, anxious, or depressed, lift your mood with MoodTools! MoodTools is designed to help you combat depression and alleviate your negative moods, aiding you on your road to recovery.</p>	<p>Positive Penguins (for children): http://positivepenguins.com/ Positive Penguins is an award winning, top ranked, fun educational app developed for children to help them understand why they feel the way they do and help them challenge their negative thinking. The app aims to help children understand their feelings come from their own thoughts not the situations. Often the anxiety and stress we feel comes from not real threats, but stories we make up in our heads. The four positive penguins take you on a journey to help you understand that feelings arise from your thinking and if you challenge your negative thoughts successfully you may be able to see things in a more realistic and even optimistic way.</p> <p>Children often feel anxious, angry, frustrated, bullied, worried etc and that is normal – however, few children are taught to be mindful, catch the thoughts that led them to these feelings and challenge them if needed. They can then change the way the feel and behave.</p>

Helpful Resources: Eating Disorder Organisations:

<p>Anorexia and Bulimia: https://www.supportline.org.uk/problems/eating-disorders-anorexia-and-bulimia-support/ SupportLine is particularly aimed at those who are isolated, at risk, vulnerable and victims of any form of abuse.</p>	<p>Beat: https://www.beateatingdisorders.org.uk/ We are the UK's eating disorder charity. Founded in 1989 as the Eating Disorders Association, our mission is to end the pain and suffering caused by eating disorders.</p>
<p>The Parent's Guide to Eating Disorders: What every parent needs to know https://www.amazon.co.uk/Parents-Guide-Eating-Disorders-What/dp/0745955444</p>	

Helpful Resources: Attention Deficit Hyperactivity Disorder (ADHD):

<p>ADD Information and Support Services: http://www.addiss.co.uk/ Welcome to ADDISS, The National Attention Deficit Disorder Information and Support Service. We provide people-friendly information and resources about Attention Deficit Hyperactivity Disorder to anyone who needs assistance - parents, sufferers, teachers or health professionals. Whatever you're looking for in ADHD, we'll do our best to help.</p>	<p>Young Minds: https://www.youngminds.org.uk/ A charity committed to improving emotional and wellbeing and mental health of children and young people and empowering their parents and carers.</p>
<p>ADD resources: http://www.adders.org/resources.htm</p>	

<p>Our objective is to promote awareness to Attention Deficit/Hyperactivity Disorder and to provide information and as much free practical help as we can to sufferers, both adults and children, and their families in the UK and around the World via this website.</p>	
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<u>Helpful Resources: Alcohol and Substance Misuse:</u>	
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<p><u>Drugwise:</u> https://www.drugwise.org.uk/ Welcome to the Home Page of DrugWise. The mission of DrugWise follows very much in the tradition of DrugScope – and for those of you with long memories, its predecessor – the Institute for the Study of Drug Dependence – that is to provide drug information which is topical, evidence-based and non-judgemental – and to promote this through media work, public speaking and lecturing.</p>	<p><u>National Drugs Helpline:</u> https://drughelpline.org/ SUBSTANCE ABUSE AND ADDICTION HOTLINE Call the helpline and put yourself on the path to recovery. Get private, confidential help from trusted professionals day and night.</p>
<p><u>Smoke Free NHS:</u> https://www.nhs.uk/better-health/quit-smoking/ Use the NHS Quit Smoking app to help you quit smoking and start breathing easier.</p> <p>The app allows you to:</p> <ul style="list-style-type: none"> track your progress see how much you're saving get daily support <p>If you can make it to 28 days smoke-free, you're 5 times more likely to quit for good!</p>	<p><u>Quit with Help:</u> https://www.quitwithhelp.co.uk/</p>
<p><u>The Mix:</u> https://www.themix.org.uk/ The Mix is the UK's leading support service for young people. We are here to help you take on any challenge you're facing - from mental health to money, from homelessness to finding a job, from break-ups to drugs. Talk to us via our online community, on social, through our free, confidential helpline or our counselling service.</p>	