

## General Anxiety Support for Children and Parents:

<https://youngminds.org.uk/find-help/conditions/>

This website has guides on different mental health conditions, how to cope with feelings and what support is available. There is also information on useful training courses

<https://www.theschoolrun.com/anxiety-in-primary-school-children>

The website explains anxiety and how it can affect primary school age children, through advice, activities and books to explain anxiety and how to support anxious children.

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

West Sussex Mind helps young people, adults, older adults, carers and families affected by mental health issues. This website has a large variety of information and online training regarding mental health conditions. The courses are free for West Sussex residents and can be booked online.

<https://sussexcamhs.nhs.uk/>

The website is to help children, young people, families and carers when someone is experiencing difficulties with their emotional wellbeing or mental health.

<https://www.booktrust.org.uk/search/#!?q=anxiety&type=All&sortOption=Relevance&pageNo=1>

The Book Trust recommends a variety of books around different subjects, including anxiety, for all ages.

## Mental Health Foundation-

There is a wealth of self-care resources available to support our well-being. Everyone absorbs information in different ways, and the Mental Health Foundation has a range of [podcasts](#) that can help across a range of areas.

These include developing healthy behaviours relating to nutrition and physical activity, mindfulness, mental health, anxiety, sleep, stress and relaxation.

YMCA Dialogue <https://www.ymcadlg.org/what-we-do/health-and-wellbeing/ymca-dialogue-counselling-services/community-based-counselling-services/>

YMCA Dialogue offers face-to-face and online support, as well as groupwork, for young people aged 11 to 18 in West Sussex. We provide counselling, low intensity CBT, systemic family work, art psychotherapy and canine counselling

## Chat Health

<https://www.sussexcommunity.nhs.uk/services/servicedetails.htm?directoryID=22988>

ChatHealth is a secure and confidential text messaging service for young people, aged 11-19. It provides an easy and anonymous access with a healthcare professional for advice and support.

The service provides information about sensitive issues on:

- stress and anxiety
- bullying
- self-harm
- alcohol and drugs
- sex, contraception and relationships
- sensitive issues
- any other health matters you are concerned about

Texts will be responded to by the school nursing team within one working day

Pathfinder <https://www.pathfinderwestsussex.org.uk/>

Pathfinder is a new initiative to streamline access to mental health support in West Sussex. Sussex Partnership have joined forces with ten established third sector providers in West Sussex to ensure that people with mental health needs can find the right support. The service offers to walk alongside people to help them access the right healthcare for them, this could be primary, secondary or third sector care. By providing a single point of contact the service hopes to help keep people well as they can signpost them quickly to where they need to be and prevent someone becoming more unwell as they try to navigate services without support.

#### General Support around returning to school:

<http://www.reachingfamilies.org.uk/training.html>

Reaching Families is a parent-carer led, grassroots charity, which aims to support parents and families of children and young people with special educational needs and disabilities in their daily lives, through the delivery of information, training and peer support. We work with over 2,000 West Sussex families every year through a range of high-quality projects and services. There is currently a section dedicated to support and resources available around COVID-19

<https://www.barnardos.org.uk/support-hub>

As part of their COVID-19 hub there is a section around returning to School.

<https://e-wellbeing.co.uk/schools>

e-wellbeing has a range of practical tools, advice and guidance to help teachers, therapists and parents/carers support the mental health and wellbeing of young people. Perfect for inside and outside of the classroom, you can use these resources to prepare young people for school after lockdown, develop coping strategies or simply watch videos of young people sharing their experiences

[www.westsussex.gov.uk/backtoschool](http://www.westsussex.gov.uk/backtoschool)

The Back to School resource has videos, guidance and key information on the changes put in place to keep all pupils and school staff safe, and to support children back into school

There is information on going back to school in a bubble, transport and mealtimes as well as support with exam results, emotional wellbeing and for children with additional needs.

To launch the new resource, pupils who went back to school last term recorded a message of reassurance for those who might be feeling nervous which can be watched on the website.

<https://www.gov.uk/coronavirus/education-and-childcare>

Educations and childcare guidance for teachers, school leaders, carers, parents and students

<https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing>

Advice for parents and carers on looking after the mental health and wellbeing of children or young people during the coronavirus (COVID-19) outbreak.

NHS Live Well <https://www.nhs.uk/live-well/>

Advice, tips and tools to help you make the best choices about your health and wellbeing

### Support for Schools/Professionals

**The Educational Psychology Service** has created a planning tool to help schools and relevant professionals gain greater insight into young people's experiences of lockdown, as well as their thoughts and feelings around preparing for a return to school. It is designed for children and young people who school identify as possibly having difficulty in returning to school. This could include children and young people who have previously displayed emotionally based school avoidance (EBSA) or children who are showing new anxiety or reluctance at the thought of returning to school. They may hold new concerns about friendships, have a fear of being behind in their school work, have concerns about catching coronavirus or have decreased motivation to attend school as they have enjoyed their time at home or developed new caring responsibilities.

It aims to encourage young people to experience more control over their reintegration, which we know helps young people feel safe and helps recovery from potentially stressful experiences. We hope the questionnaires will increase

feelings of self-efficacy in the young person and emphasise positive thinking, strength building, active coping and resilience. It facilitates person centred planning and solution focussed thinking for the young person and their network.

An online training which will complement this planning tool will be available in the new academic year.

The EPS community callback/telephone consultation will be available in the Autumn term for schools and settings and parents (not for other practitioners due to capacity but this will be reviewed).

Further information and the planning tool can be found here:

<http://schools.westsussex.gov.uk/Page/17995>

In addition, the local authority has produced guidance for schools regarding the return to school and promoting everybody's mental health which proposes a graduated response – supporting all children, targeting support for some and then having an individual response for those who we envisage return to be more difficult.

The guidance can be found here:

<http://schools.westsussex.gov.uk/Page/17618>

### Support for Parents/Carers

#### **Action for Children**

<https://www.actionforchildren.org.uk/support-for-parents/>

Provide parenting support through Parent Talk

#### **Family Lives (was Parentline)**

Confidential and free helpline for families, for emotional support, information, advice and guidance on parenting and family life.

W: [www.familylives.org.uk](http://www.familylives.org.uk)

T: 0808 800 2222

E: [askus@familylives.org.uk](mailto:askus@familylives.org.uk)

#### **Fegans**

Fegans is a Christian charity that offers support to parents and children. There is a cost to families but they also operate a bursary scheme.

They are now offering online one-to-one support to parents via Zoom. To find out more or book a session please email: [info@fegans.org.uk](mailto:info@fegans.org.uk)  
<https://www.fegans.org.uk/online-services/>

#### **Solihull Approach** <https://solihullapproachparenting.com/>

Award winning **online courses** about being a parent. **Free downloads.** All at **Ourplace.**

**Beacon House** <https://beaconhouse.org.uk/training/>

Independent mental health team specialising in repairing the effects of trauma and attachment disruption. Training available to parents, adopters and foster carers.