

Mental Health and Wellbeing Support

This is a very anxious time for everyone. You may have concerns about how and where to access support for mental health and wellbeing in the coming weeks, with school closed and families needing to self-isolate.

What are the warning signs of poor mental health?

You may become aware of warning signs, which indicate that a child is experiencing mental health or emotional wellbeing issues. They might include:

- Physical signs of harm that are repeated or appear non-accidental
- Changes in eating / sleeping habits
- Increased isolation from friends or family, becoming socially withdrawn
- Changes in activity and mood
- Talking or joking about self-harm
- Expressing feelings of failure, uselessness or loss of hope
- Changes in clothing – e.g. long sleeves in warm weather
- Secretive behaviour
- Repeated physical pain or nausea with no evident cause

How can children and their families promote positive mental health and wellbeing whilst they are at home?

These links provide some excellent ideas on how to promote positive mental health and wellbeing whilst you are at home:

NHS Website

<https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-staying-at-home-tips/>

Mind is an organisation, which empowers anyone experiencing a mental health problem.

<https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/#collapsebdb87>

ParentZone

<https://parentzone.org.uk/article/how-look-after-your-family's-mental-health-when-you're-stuck-indoors>

Happy Maps

Happy Maps is website to support parents, with a wealth of information, resources and advice on a range of issues, including anxiety, problems with sleep, ADHD and much more, from babyhood right through to young adulthood.

<https://www.happymaps.co.uk/>

How can a child access one to one support?

What is it?	Who is it suitable for?	How is it accessed?
<p>Kooth provide free online emotional and mental health support to young people</p>	<p>All pupils</p>	<p>http://www.kooth.com</p>
<p>CAMHS (Child and adolescent mental health services) provide specialist support for mental health</p>	<p>All pupils</p>	<p>South Bristol Osprey Court Unit 1, Hawkfield Business Park Whitchurch Lane Bristol BS14 OBB Tel: 0117 3408121</p> <p>Knowle Clinic Broadfield Road Knowle Bristol BS4 2UL Tel: 0117 9190330</p>
<p>Off the Record provide a range of free services including counselling, listening support, youth participation, advocacy and specialist groups, support for care leavers and a LGBT+ focused youth group</p>	<p>All pupils</p>	<p>http://www.otrbristol.org.uk Tel: 0808 808 9120</p> <p>Please note that students or parents/carers from all schools can make referrals to Off The Records for young people by accessing this website: All support will be via video conferencing or telephone.</p>
<p>Childline</p>	<p>All pupils</p>	<p>Childline is here to help anyone under 19 in the UK with any issue they're going through. You can talk about anything. Whether it's something big or small, our trained counsellors are here to support you. Childline is free, confidential and available any time, day or night. Tel: 0800 1111</p>

Apps & Websites

Here are some apps and websites that may be useful, for children and their families, to support mental wellbeing.

CALM

App for Mindfulness and Meditation. (Available on iOS, Android & Web)

Breathe2Relax

The relaxation app trains you on the “belly breathing” technique that has proven benefits for your overall mental health. (Available on iOS and Android)

Stress Check by Azumio

This app takes you on a deep breathing exercise to promote calmness and can bring your heart rate down in five minutes. The app provides instant feedback with breath and pulse monitoring and tracks long-term progress. (Available on Android)

Happify

The Happify app is a way to make a game of all the positive psychology tricks you know might work, but make you feel kind of silly when you actually do them. You'll start by taking a quick test that assesses the areas of happiness you should work on. Then, you're presented with a few "tracks" that can help get you to your goals. (Available on iOS and Android)

SAMAPP: APPS FOR ANXIETY

SAM is an application to help you understand and manage anxiety. (Available on iOS and Android)

PACIFICA

Daily tools for stress, anxiety, and depression alongside a supportive community. Based on cognitive behavioural therapy & mindfulness meditation. (Available on iOS, Android & Web)

Thrive: Feel Stress Free

Different tips to help you relieve stress/anxiety each time you log in. There are tabs for meditation, deep relaxation, self-hypnosis, and more. (Available on iOS and Android)

BASE

An app designed to help manage stress and anxiety. By learning more about how and why we experience anxiety at different times and in different situations we can be less fearful. (Available on Android)

Smiling Mind

Trying to incorporate mindfulness into your daily life? This app can help you launch into a regular practice of mindfulness meditations. (Available on iOS and Android)

Wysa Happiness Chabot

Wysa helps to build emotional resilience by talking to you about your situation. Over 60 psychologists and 10,000 users have provided specific inputs to shape how Wysa helps them. (Available on iOS and Android)

I love Hue

When you feel like you have no control, this app can help soothe you by creating simple visual harmonies from mosaic tiles. (Available on iOS and Android)

Anxious Minds

Anxious minds are a charity that was set up by sufferers of anxiety and depression, to provide free support to all sufferers of anxiety and depression. (Available on Android)

Worry Watch

This journaling tool has a simple user interface where users can log instances of worry, fear, and anxiety. They can also add the outcome of each situation, which provides a comparison between expectation and reality that helps reduce anxiety over time. (Available on iOS)

What's Up? Anxiety App

This app uses CBT and ACT (Acceptance Commitment Therapy) methods to help you cope with Depression, Anxiety, Anger, Stress and more. (Available on iOS and Android)

WELLMIND

WellMind is a free NHS mental health and wellbeing app designed to help you with stress, anxiety and depression. The app includes advice, tips and tools to improve your mental health and boost your wellbeing. (Available on iOS and Android)

Cove

Free, personal music journal to help you with your emotional and mental health. Trusted by the NHS. (Available on iOS)

Reflectly

A personal journal and diary driven by AI to enable you to deal with negative thoughts, make positivity louder and to teach you about the science of well-being. (Available on iOS and Android)

Happy not perfect

Backed by science, designed for you, Happy Not Perfect is your go-to place for everything you need to look after your mind in a fun new way. (Available on iOS and Android)