

Longridge High School Mental Health & Well-being Support



Our students have had to cope with an abrupt end to their current school life, the cancellation of exams and a prohibition of face-to-face contact with their friends. Young people may get anxious and their mental health and well-being may suffer.

How can we help as teachers and parents/carers?

- Try to talk to your child regularly about how they are feeling; answer any questions they may have and discuss their concerns. (See attached list of conversation starters from Young Minds).
- Model and encourage positivity.
- Stay active as a family and get exercise daily (following the social distancing rules).
- Use the advice and support available online. (See links below – quite a few of these have apps too that you will be able to find in your App Store). Young Minds is the charity that we support through fundraising at school. Its website is packed with case studies, advice, support for parents and links to getting support for your child. All of the organisations have social media pages which I can recommend looking up.
- Let school know if you are concerned about your child's mental health. We may be able to set up some counselling for your child.

Mental health advice for young people, by young people

<https://www.childrenssociety.org.uk/mental-health-advice-for-children-and-young-people/issues-affecting-young-people>

Mental health support for young people

<https://www.mind.org.uk/>

<https://youngminds.org.uk/>

<https://www.kooth.com/>

<https://www.lscft.nhs.uk/Mindsmatter>

<https://www.headstogether.org.uk/>

<https://www.anxietyuk.org.uk/>

<https://www.childline.org.uk/kids/>

<https://www.childline.org.uk/toolbox/calm-zone/>

Childline Phone Number – 0800 1111

How parents and carers can help support mental health

<https://www.mentalhealth.org.uk/publications/make-it-count-guide-for-parents-and-carers>

Support on all parenting issues and mental health -specific to teenagers

<https://www.mumsnet.com/teenagers>

<https://www.mumsnet.com/teenagers/mental-health-issues>

Support for families

<https://mindedforfamilies.org.uk/#/>

<https://www.thecalmzone.net/> (Campaign Against Living Miserably – advice for Men)

Breathing exercise for stress

<https://www.nhs.uk/conditions/stress-anxiety-depression/ways-relieve-stress/>

Mindfulness

<https://www.nhs.uk/conditions/stress-anxiety-depression/mindfulness/>

<https://www.calm.com/>

<https://www.headspace.com/>

Safeguarding

Childline - 0800 1111

<https://www.childline.org.uk/>

NSPCC – 0808 8005000

<https://www.nspcc.org.uk/>

help@nspcc.org.uk