

Mental Health and Well-being Support

At St Bernadette's, we recognise that there may be times in a child's life when learning is more challenging due to social, emotional, mental health and well-being needs. We believe that supporting the health and well-being of our pupils will assist in improving their academic outcomes.

We work closely with other adults, both within and outside school, to identify and break down barriers, helping children to stay motivated so that they can achieve their best.

We are keen to work in partnership, to support pupils and families, so if you have a concern about your child, please do not hesitate to contact us in school or via email at bursar@st-bernadettes.lancs.sch.uk

Useful Websites

- [When I Worry About Things](#) is a collection of animated films on the BBC Teach website that use personal testimony to explore mental health issues from the perspective of children. Alongside each, there is more information about the content of the film, and suggestions of how it could be used in the classroom. These resources are suitable for use with pupils aged 8-13.
- [Action for Happiness](#) have produced a Toolkit based on the Action for Happiness [Ten Keys to Happier Living](#) framework. A pilot project showed that it led to significant improvements in wellbeing relative to a control group. The toolkit has also been awarded the PSHE Association Quality Mark. The aim of the programme is to promote the emotional wellbeing and resilience of children aged 7-11.
- [How to teach ... mental health](#), an article from the Guardian Online contains some really useful links and ideas for teaching about mental health to primary and secondary age pupils.
- [ChildLine](#) (*link opens in new tab or page*) A confidential service, provided by the NSPCC, offering free support for children and young people up to the age of nineteen on a wide variety of problems.

- [HeadMeds](#) (*link opens in new tab or page*) Website developed by the charity YoungMinds providing general information about common medications that may be prescribed for children and young people with diagnosed mental health conditions.
- [MindEd](#) (*link opens in new tab or page*) MindEd provides free e-learning to help adults to identify and understand children and young people with mental health issues. It provides simple, clear guidance on mental health to adults who work with children and young people, to help them support the development of young healthy minds.
- [Place2Be](#) (*link opens in new tab or page*) Place2Be is a charity working in schools providing early intervention mental health support to children aged 4-14 in England, Scotland and Wales
- [Royal College of Psychiatrists \(RCPsych\) Parents and Youth Info index](#) (*link opens in new tab or page*) RCPsych provides specifically tailored information for young people, parents, teachers and carers about mental health.
- [YoungMinds](#) (*link opens in new tab or page*) YoungMinds is a charity committed to improving the emotional wellbeing and mental health of children and young people.
- [Storybow](#) (*link opens in new tab or page*) is an online library of educational stories about social emotional topics for children aged about 3 to 12. The stories, each beautifully illustrated and accompanied by extension activities, can be used either in primary schools, counselling / psychology practices or at home.
- This [Emotional Health and Wellbeing booklist](#) (Word) provides titles of books for children, young people and adults linked to a wide range of topics including bereavement, mindfulness and more general information on the topic.

More specific resources

Eating disorders

- [YoungMinds](#) (*link opens in new tab or page*) YoungMinds is a UK charity committed to improving the emotional wellbeing and mental health of children and young people.

- [B-eat](#) (*link opens in new tab or page*) Beat provides helplines, online support and a network of UK-wide self-help groups to help adults and young people in the UK beat their eating disorders.
- [NHS choices - eating disorders](#) (*link opens in new tab or page*) The NHS choices page has information, advice and guidance about eating disorders.
- [Self harm and eating disorders in school: A guide to whole school strategies and practical support](#) (*link opens in new tab or page*), Pooky Knightsmith. This guide provides information and guidance on how to help students from whole-school policies to day-to-day strategies.

Obsessive Compulsive Disorder

- [OCD-UK](#) (*link opens in new tab or page*) OCD-UK is the charity dedicated to improving the mental health and well-being of almost one million people in the UK whose lives are affected by Obsessive-Compulsive Disorder.
- [NHS choices - obsessive compulsive disorder](#) (*link opens in new tab or page*) The NHS choices page has information, advice and guidance about OCD.

Deliberate self-harm and suicide

- [Understanding self-harm](#) (PDF) (*link opens in new tab or page*) Mind has produced a booklet for anyone who self-harms, and their friends and family. It explains what self-harm is, the reasons for it and how to go about making changes. It includes self-help ideas and information about other forms of support.
- <https://youngminds.org.uk/find-help/feelings-and-symptoms/self-harm/> (*link opens in new tab or page*) is a booklet produced by Young Minds that helps people to understand more about self-harm and where to access support.
- [Papyrus](#) (*link opens in new tab or page*) provide confidential help and advice to young people and anyone worried that a young person may be having suicidal thoughts. They also help others to prevent young suicide by working with and training professionals.

- **HopeLineUK** (0800 068 41 41) is a specialist telephone service staffed by trained professionals who give non-judgemental support, practical advice and information to:
 - Anyone who is concerned about a young person;
 - Children, teenagers and young people up to the age of 35 who are worried about how they are feeling.
- **The Samaritans (PDF)** (*link opens in a new tab or page*) have produced a step-by-step guide for schools to support responding to (and preparing for) a suspected or attempted suicide within the school community.
- **The Young Minds** (*link opens in a new tab or page*) helpline for parents offers free, confidential online and telephone support, including information and advice, to any adult worried about the emotional problems, behaviour or mental health of a child or young person up to the age of 25. Call Monday to Friday 9.30am-4pm on 0808 802 5544 (free for mobiles and landlines) or email parents@youngminds.org.uk .

Exam stress

- **NHS Choices** (*link opens in new tab or page*) has some useful information about managing exam stress.

Anxiety and panic attacks

- Mind have produced a booklet, **Understanding anxiety and panic attacks** (PDF) (*link opens in new tab or page*). This booklet is aimed at anyone who experiences anxiety. It looks into the causes of anxiety, its effects and what to do to reduce it to a manageable level. It also provides some information about severe anxiety, including panic attacks and panic disorder. Friends and relatives of people who experience anxiety may also find it useful.