

“Same Storm, Different Boats...” Supporting MH & WB in Schools Webinar 1. Resources

This list and links to the slides / other resources also available at:

www.headstartkernow.org.uk/sec-sch-support/wer/wfer-resources/

Resources (listed in the original WFER presentation)

AFNCCF (Anna Freud National Centre for Children and Families)

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

Charlie Waller Memorial Trust <https://www.cwmt.org.uk/>

Children’s Society – 5 Ways to Wellbeing postcards

<https://www.childrenssociety.org.uk/sites/default/files/u130/Ways%20to%20well-being%20postcards%20FINAL%20%282%29.pdf>

DFE (Department for Education)

<https://www.gov.uk/government/organisations/department-for-education>

Emerging Minds podcasts <https://emergingminds.org.uk/emerging-minds-podcast-covid-19-response-series/>

Every Mind Matters <https://www.nhs.uk/oneyou/every-mind-matters/>

Mentally Healthy Schools <https://www.mentallyhealthyschools.org.uk/>

NASEN (National Association for Special Education Needs) <https://nasen.org.uk/>

NASEN (National Association for Special Education Needs). *Recovery, Re-introduction and Renewal: Safe And Successful Returns To School. A Handbook For Schools And Education Settings Following Critical Incidents*. Whole School SEND. (Accessed August 2020) <https://www.sendgateway.org.uk/whole-school-send/find-wss-resources/>

P2B (Place2Be) <https://www.place2be.org.uk/>

P2B (Place2Be) – Resilience and Wellbeing Lesson Plan (Primary School)

<https://www.place2be.org.uk/our-services/services-for-schools/mental-health-resources-for-schools/coronavirus-wellbeing-activity-ideas-for-schools/>

PHE (Public Health England) <https://www.gov.uk/government/organisations/public-health-england>

RSHE

[https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/908013/Relationships Education Relationships and Sex Education RSE and Health Education.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/908013/Relationships_Education_Relationships_and_Sex_Education_RSE_and_Health_Education.pdf)

Rise Above for Schools <https://campaignresources.phe.gov.uk/schools/topics/rise-above/overview>

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

MindEd Educational Hub (<http://www.minded.org.uk/>)

- Anxiety Disorders [View session](#)
- Depression [View session](#)
- Mindfulness [View session](#)
- Obsessive compulsive disorder [View session](#)
- Poor Concentration and Overactivity 1 [View session](#)
- Poor Concentration and Overactivity 2 [View session](#)
- Sad, Bored or Isolated [View session](#)
- The Aggressive Difficult Child [View session](#)
- The Worried Child [View session](#)
- Tics and twitches [View session](#)

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