

Hipsburn Primary School Mental Health



<https://youtu.be/uWY1Kqt9s1A>

Supporting Children's Mental Health

At Hipsburn, we are committed to supporting the emotional health and wellbeing of our pupils and staff. Now, more than ever, we know that everyone experiences life challenges that can make us vulnerable and at times, anyone may need additional emotional support. Below is a list of useful resources and advice for parents and families to read and use with children who may be struggling in these challenging times.

Supporting your child during the coronavirus outbreak (Click the links)

<https://www.nhs.uk/oneyou/every-mind-matters/childrens-mental-health/>

<https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/depression-anxiety-mental-health/>

Looking after your mental health

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

[Government guidance on supporting children and young people's mental health during the coronavirus](#)

Relaxation Activities

[Relax like a cat](#)

[Relaxation exercises to do with children](#)

[CBeebies calming techniques](#)

Anxiety Advice

[Primary age - A parent and carer guide for supporting children with anxiety worry about coronavirus.pdf](#)

<https://youngminds.org.uk/find-help/for-parents/parents-survival-guide/>

Help With Worries

[Child In Mind - Anna Freud Podcasts help parents understand and manage child and family mental health problems.](#)



Hipsburn Primary School Mental Health

Where can I get more information?

Child mental health and wellbeing:

- [NHS](#)
- [Young Minds](#)
- [MindEd](#)
- [Place2Be's blog](#)

Big changes:

- [Bereavement and grief \(Child Bereavement UK\)](#)
- [Divorce and separation \(Young Minds\)](#)
- [Getting ready to start school \(Place2Be\)](#)
- [Adolescence and growing up \(The Mix\)](#)

Conditions and challenges:

- [Eating disorders \(Beat\)](#)
- [Addiction and drugs \(FRANK\)](#)
- [Abuse \(NSPCC\)](#)

Difference and diversity:

- [Special needs and disabilities \(Scope\)](#)
- [Autism \(National Autistic Society\)](#)
- [LGBTQ+ \(Strong Family Alliance\)](#)
- [Gender diversity and transgender \(Mermaids\)](#)
- [Race and ethnicity \(BAATN\)](#)

Please note, this is not an exhaustive list and we are unable to signpost to every organisation. Please refer to the [NHS](#) or [BBC Action Line](#) for a more comprehensive directory.