

MENTAL HEALTH AND WELLBEING

Covid-19 has caused a massive change in our lives and the lives of young people. Some people may be feeling stressed, anxious or overwhelmed and these are all normal reactions. Managing stress, psychological and physical health at this unprecedented time is key, alongside taking care of your and your child's basic needs.

During these uncertain times we understand the pressure parents , carers and families will be under as they support their children with their learning at home. We know it can be difficult to juggle everything and we would like to reassure you that we, as a school, are here to support you as much as we can. As always, the Senior Leadership Team are available to offer advice or support to you and your family. Please contact the school if you would like to speak to someone about your child.

Below you will find some organisations and resources which may also be useful for supporting you and your family.

NHS Lanarkshire

This catalogue contains a range of online resources designed to help children, young people and their families to manage their mental health and wellbeing.

<https://www.nhslanarkshire.scot.nhs.uk/download/child-adolescent-mental-health-service-camhs/?wpdmdl=11894&ind=1589875778918>

Breathing Space Scotland

A Scottish based service who provide a safe and supportive space by listening, offering advice and providing information on a variety of subjects. There is information available on the website or you can speak to a trained advisor in confidence on the phone. They may also be able to refer you to local services or organisations which are relevant to you.

<https://breathingspace.scot/>

[0800 83 85 87](tel:0800838587)

Family First

Family first is a free, confidential advice and information resource in East Renfrewshire. They aim to provide support by working with families. The team can offer support and advice on issues surrounding school, health, home, money, parenting, additional support needs and confidence building. You can access family first if you have a family with children ages 0-11 years, live in East Renfrewshire, have no current social work involvement and need a little bit of help.

To access the service, email:
familyfirst@eastrenfrewshire.gov.uk

Parent Club Scotland

Parent Club Scotland have collated a series of videos and information related to the Coronavirus outbreak in Scotland.

<https://www.parentclub.scot/>

Samaritans Scotland

Samaritans can offer help for a variety of mental health and wellbeing issues through the information on their website or by calling their free and confidential helpline. There is also a free self-help app available.

<https://www.samaritans.org/scotland/samaritans-in-scotland/>

116 123

Mental Health at Work

A toolkit of resources designed to support key and essential workers during the Cononavirus Crisis.

<https://www.mentalhealthatwork.org.uk/toolkit/#toolkit-list>

Advice for Key Worker Parents

An advice booklet written by the British Psychological Society

<https://www.bps.org.uk/sites/www.bps.org.uk/files/Policy/Policy%20-%20Files/Advice%20for%20keyworker%20parents%20-%20helping%20your%20child%20adapt.pdf>

Young Minds

Information and a parent helpline to support parents with children who are anxious about coronavirus.

<https://youngminds.org.uk/about-us/reports/coronavirus-impact-on-young-people-with-mental-health-needs/>

<https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/>

0808 802 5544

Advice for Children of Key Workers

An advice booklet designed for children, written by the British Psychological Society

<https://www.bps.org.uk/sites/www.bps.org.uk/files/Policy/Policy%20-%20Files/When%20your%20parent%20is%20a%20keyworker%20-%20advice%20for%20children%20and%20young%20people.pdf>

Young People in Lockdown

A report by The Prince's Trust and YouGov

<https://www.princes-trust.org.uk/about-the-trust/news-views/young-people-in-lockdown>

Princes Trust

Information and support including a coronavirus support hub and chatline.

<https://www.princes-trust.org.uk/about-the-trust/coronavirus-response/resource-centre>

Healthier Minds

East Renfrewshire's Guide to promoting the mental wellbeing of children and young people: Lots of advice, support and resources which are updated regularly.

<https://blogs.glowscotland.org.uk/er/healthierminds/>

Normalising Emotions

A guide for young people written for the Covid-19 Pandemic

<https://blogs.glowscotland.org.uk/er/public/healthierminds/uploads/sites/18270/2020/05/04092448/Its-normal-to-feel-like-this-young-people-and-Covid-19.pdf>

Camhs

PDF Self-Help Guides that can be used by Adults and Young People:

<https://www.camhs-resources.co.uk/downloads>

Young Scot

‘Aye Feel’ – resources on how to look after your mental health and wellbeing and promote a positive mindset:

<https://young.scot/campaigns/national/ayefeel>

Experiencing Anxiety

<https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/>

Psychological Services

An information booklet about experiencing OCD

<https://blogs.glowscotland.org.uk/er/healthierminds/coping-covid-19/managing-mental-wellbeing/coping-with-ocd/>

Supporting Children with Learning Disabilities/ ASD During Covid-19

<https://cdn.website-editor.net/e426f19082654715ad7d0a25bfd193dc/files/uploaded/Cardiff%2526Vale-Uni-Health-Board.pdf>

Coronavirus Resources for Children and Families

<https://www.sheffieldchildrens.nhs.uk/patients-and-parents/coronavirus-resources-for-children-and-families/>

The Challenging Behaviour Foundation

Supporting the behaviour of children with complex ASN
during lockdown

<https://www.challengingbehaviour.org.uk/information/covid-19information.html#Infosheets>