

## **Support for pupils and parents in primary schools in relation to mental and emotional wellbeing**

### **Support to discuss COVID-19 with children and young people**

NSPCC guide to coronavirus and supporting tools if children and young people are worried <https://www.childline.org.uk/info-advice/your-feelings/anxiety-stress-panic/worries-about-the-world/coronavirus/>

Childrens Commissioners guide to coronavirus for children and young people <https://www.childrenscommissioner.gov.uk/publication/childrens-guide-to-coronavirus/>

### **Children and Parents**

**Recovery college Online** <https://www.recoverycollegeonline.co.uk/>

Providing a range of online information to people who might be struggling with mental health issues. There is a section for under 12 <https://www.recoverycollegeonline.co.uk/young-people/for-children/> and parents and carers (<https://www.recoverycollegeonline.co.uk/young-people/for-parents-and-carers/>)

**Key stage 2 pupils may benefit from a NHS suggested apps to support mental health. This would need a parent / carer approval** <https://www.nhs.uk/apps-library/category/mental-health/>

### **Support for Children**

**Childline** has the calm zone <https://www.childline.org.uk/toolbox/calm-zone/> which provides a toolbox of ideas to support emotions and express your ways

Childline <https://www.childline.org.uk/> also provides a range of information and support on a number of issues. This includes support on cyberbullying <https://www.childline.org.uk/info-advice/bullying-abuse-safety/types-bullying/bullying-cyberbullying/>

It is also important to stay physically active

### **Parents**

#### **Tameside and Glossop services and support**

<https://www.tameside.gov.uk/MentalHealth/Local-Support-Services-For-Mental-Health-and-Wellb> provides information to help signpost young people, families and professionals to the right information and services available for mental health and wellbeing across Tameside and Glossop.

**Internet safety-** Children and Young People may be having more screen time so it is important that they keep themselves safe online and parents and carers have an important role in this. Below are some useful links to help parents and carers:

**Thinkyouknow** :advice from the National Crime Agency to stay safe online. Site has activities that parents can do with their children and young people to discuss keeping safe online for all age groups.

**Internet matters** :support for parents and carers to keep their children safe online

**Parent info** :support and advice for parents and carers in matters related to young people and families in a digital world

**Net-aware** :support for parents and carers from the NSPCC