

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

Support to discuss COV-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

The Go To Website <https://www.thegoto.org.uk/>

North Yorkshire specific website that provides information to help signpost young people, families and professionals to the right information and services available for mental health and wellbeing across North Yorkshire. The website has been developed in conjunction with young people, professionals and parents and carers.

North Yorkshire services and support <https://www.northyorks.gov.uk/support-children-young-people-and-their-families#emot>

Information on the universal, targeted and specialist services and support available in the different districts of North Yorkshire and access to the North Yorkshire Pathway of support for children and young people with self harming behaviour and/or suicidal ideation

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.

Internet matters <https://www.internetmatters.org/> provides a range of support for families to enable all family members to stay safe.

Thinkuknow <https://www.thinkuknow.co.uk/parents/Support-tools/home-activity-worksheets/> has activities that parents can do with their children and young people to discuss keeping safe online for all age groups.