



Park Road CP School

Website directory – online resources

We have put together a bank of useful websites and resources we use in school to support mental health and wellbeing. We hope you find this useful.

Free resources for children and young people

On Warrington's Happy? OK? Sad? site, you'll find links to a range of free services and resources, relating to children and young people's mental health and wellbeing. The areas covered include:



- Mental health support services for children and young people
- Signposting or referring a child or young person into services
- Free mental health resources for young people
- National In Your Corner materials for schools
- Make Time and the Five Ways to Wellbeing resources
- Better Health, Every Mind Matters resources
- COVID-19 and wellbeing resources for young people
- Free training relating to young people's mental health and wellbeing

Support services for children and young people

The Happy? OK? Sad? site has a page for children and young people, with details of mental health information and support they can access themselves. To find this information:

1. Go to www.happyoksad.org.uk
2. Click the blue button "**children and young people**"
3. Then look under the dark heading "**information and support**"

Time to Talk Day - 3 February 2023

The Time to Talk Day campaign encourages everyone to break down barriers and help change attitudes, by talking about mental health. The theme, "*the power of small*", emphasises that small acts, such as a conversation, can make a big difference. Talking about mental health doesn't have to be difficult. Time to Change has free, downloadable Time to Talk Day resources. These include include posters, bunting, coasters, games and graphics for social media.



Mental health and wellbeing support for front line staff, parents and carers

Young Minds

Young Minds runs a Parents' Helpline, which offers free, confidential advice and support to parents and carers concerned about the mental health of a child or young person (up to the age of 25). This support can be accessed by phone, webchat and email. The Young Minds site also provides mental health and wellbeing information to young people themselves.



PAPYRUS debrief Service

As well as providing support to young people who feel suicidal and to people concerned about a young person, PAPYRUS offers a debrief service. People, of any age, can ring HOPELINEUK on 0800 068 41 41, to debrief, after a recent encounter with suicide.



Examples of who the service is for are below:

- A concerned other, after a patient, client, or loved one has attempted suicide.
- A concerned other, after they have asked someone "are you thinking about suicide?" and the answer is "yes".
- A first responder, after they have attended the scene of a suicide, or an attempted suicide.
- Anyone who has had a recent encounter with suicide, or who has recently witnessed a suicide.

Our Frontline

Our Frontline provides one to one mental health support, to front line staff, who are working during the COVID-19 pandemic. Trained volunteers offer support 24/7, via call or text. There are separate web pages and resources for key workers in health, emergency services, [education](#), social care and other essential services.



Mental health support services for adults

The Happy? OK? Sad? site includes a page with details of mental health support for adults. To find this information:

1. Go to www.happyoksad.org.uk
2. Click the blue button "**adults**"
3. Then look under the dark heading "**information and support**"



Urgent support

Details of mental health support services for someone in crisis, can be found here, [more details about the local mental health crisis line are below:](#)

Local NHS Mental Health Crisis Line

The Mental Health Crisis Line is:

- available **24 hours a day, seven days a week**
- for people experiencing a **mental health crisis**, who need **urgent support**



Need urgent help with your mental health?

Live in **Halton, Knowsley, St Helens or Warrington?**
Call us on our new **Freephone number!** We can help.

 **0800 051 1508**

www.nwbh.nhs.uk/help-in-a-crisis

- for people concerned that a **friend or family member** is in a mental health crisis
- for people who **live in Warrington**, Halton, Knowsley or St Helens
- for **people of all ages**, including children and young people
- **free to call:** [0800 051 1508](tel:08000511508)

More information about the Mental Health Crisis Line can be found on the links below:

[Crisis Line information for people experiencing a crisis](#)

[Crisis Line information for professionals](#)

<https://www.rethink.org/help-in-your-area/>

NSPPC Pants Underwear Rule

<https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/pants-underwear-rule/>

What are the PANTS rules?



Privates are private

Always remember your body belongs to you

No means no

Talk about secrets that upset you

Speak up, someone can help

When's the right time to talk PANTS?

- **bath time**, applying cream or when getting your child dressed
- **car journeys**
- when **swimming** and saying that what's covered by swimwear is private
- during a **TV show** that features a sensitive storyline
- **singing** along to our PANTS song with Pantosaurus
- **reading** our new PANTS storybook together.

Wellbeing



For more information on the five ways to wellbeing, visit [Five ways to wellbeing - Mind](#)

[Resources for Schools - Boingboing](#)

[Risks and protective factors : Mentally Healthy Schools](#)

[Measuring mental wellbeing in children and young people \(publishing.service.gov.uk\)](#)

[Mental health of children in England \(publishing.service.gov.uk\)](#)

[Promoting-Social-Emotional-Well-being-etc-NCB.pdf \(walworth.durham.sch.uk\)](#)

Hub of Hope

<https://hubofhope.co.uk/>

What is the Hub of Hope?

The Hub of Hope is the UK's leading mental health support database. It is provided by national mental health charity, Chasing the Stigma, and brings local, national, peer, community, charity, private and NHS mental health support and services together in one place for the first time.

Initially a simple spreadsheet of local services populated at the kitchen table of Chasing the Stigma founder and CEO, Jake Mills, the Hub of Hope was born out of Jake's own lived experience of extreme mental and emotional distress. He witnessed first-hand the difficulties in finding relevant, accessible and nearby support when it was most needed and decided to take action.

To date, the Hub of Hope has directed hundreds of thousands of people to life-changing and even life-saving support and it is now the UK's go-to mental health support signposting tool, with thousands of local, regional and national support groups and services listed.

Who is the Hub of Hope for?

If you are here then it is likely that you, or someone you care about, is experiencing mental and emotional distress that – right now - feels unbearable and overwhelming.

We all cope in different ways with experiences that feel unbearable and overwhelming. We may feel low, despairing, helpless, and withdraw from contact with others. We may feel so desperate that we consider taking, or attempting to take, our own lives. Alternatively, we may experience the sensation that things are speeding up, with an increased desire to communicate with others. There may be a sense of inner

and outer experiences starting to blur, and we may feel as if we're losing contact with what most people consider to be reality.

We also all make sense of our experiences of mental and emotional distress in different ways.

For some of us it is helpful to have a name – often called a diagnosis - for what we are experiencing. Sometimes we may understand our experiences as an illness. For others our mental and emotional distress is an understandable response to difficult life events, relationships and circumstances, including things that happened when we were younger. And for some of us our mental and emotional distress may be seen as a necessary but painful process of growth, sometimes called a spiritual crisis.

We want to ensure that all of us - no matter what we are experiencing, or how we see and understand our experiences - feel welcome on the Hub of Hope. We have tried to ensure that both the support and services listed, and the language that we use on the Hub of Hope is inclusive of all of these experiences and the different ways we make sense of them.

Since we all experience some kind of mental or emotional distress at some point in our lives, **the Hub of Hope is really for everyone.**

The services and support listed on the Hub of Hope are not only for when things become unbearable – a crisis point. They are also for those times when we notice we are starting to struggle, or when we need extra support as we start to emerge from a particularly difficult time.

The Hub of Hope also lists support and services for family members and friends to enable them to find help for themselves, as well as for the person they are supporting. We recognise that the wellbeing of each member of an interconnected family or community is dependent on the wellbeing of all of its members.

If you or someone you know feels suicidal, or may be a danger to themselves or others, call 999, your local crisis service or contact Samaritans or Crisis Text Line directly through the Hub of Hope app, via the [Need Help Now? Button](#).



Winston's Wish

Bereavement support and resources:

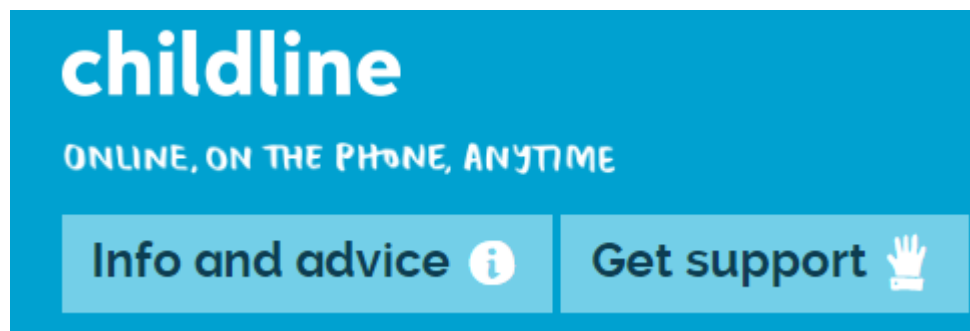
<https://www.winstonswish.org/supporting-you/support-for-schools/>

Where you can find help

Our expert team can provide advice and guidance on supporting a bereaved pupil or responding to a death in your school community.

- Call: 08088 020 021
- Email: ask@winstonswish.org

Childline



<https://www.childline.org.uk/>

Warrington Mental Health Support Team

<https://www.merseycare.nhs.uk/our-services/warrington/mental-health-support-team-schools>

Who we are:

Our Mental Health Support Team service provides direct mental health support to 40 primary and secondary schools in Warrington.

The service aims to promote the early detection and prevention of mental health problems across the whole school and strengthen links between schools and mental health services.

The team will provide direct, ongoing support to schools around mental health and wellbeing. This will include:

- Providing direct interventions to pupils with mild to moderate mental health conditions, such as anxiety, low mood or behavioural difficulties.
- Where young people require specialist support, making onward referrals for pupils to local services, such as child and adolescent mental health services (CAMHS).
- Providing training, education and advice to school staff to help them better support their pupils around mental and emotional wellbeing.
- Championing mental wellbeing and resilience across the whole school community, providing guidance around issues such as bullying and coping with exam stress.

The service will sit alongside and complement any existing mental health support that schools have access to, including the school link programme within CAMHS and mental health first aid training for schools.

The logo features a globe with a heart containing a brain icon. Below the globe is a row of colorful human figures. A banner at the bottom of the globe says "SPEAK UP, GET HELP".

Contact us

Warrington Mental Health Support Team
Hollins Park Hospital
Hollins Lane, Winwick
Warrington, WA2 8WA

Tel: [01925 664 120](tel:01925664120)

Email: mcn-tr.mhsupportwarr@nhs.net

Warrington School Health

The School Health Team are part of the Warrington 0-19 Integrated Service and we work with children and young people aged 5-19 years and their families to promote health and wellbeing with a focus on early help and support.

During this time the School Health service is operating in a different way but our team is continuing to support children, young people and families and can be contacted as below:

Contact us

Warrington School Health Team
East Warrington: 01925 946803
South Warrington: 01925 946505
West Warrington: 01925 946911

Email: bchft.0to19@nhs.net

Referral form: [Warrington 0 to 19 Integrated Services referral form](#)

Mindfulness teaching resources

<https://www.theguardian.com/education/teacher-blog/2013/jun/24/mindfulness-classroom-teaching-resource>

<http://www.mindfulteachers.org/p/free-resources-and-lesson-plans.html>

https://www.huffingtonpost.com/sarah-rudell-beach-/teaching-mindfulness-to-teenagers_b_5696247.html

<https://www.amazon.co.uk/Mindful-Teaching-Mindfulness-Teaches-Anything/dp/0861715675>

https://www.amazon.co.uk/Mindfulness-Teachers-Productivity-Classroom-Neuroscience/dp/0393708071/ref=pd_lpo_sbs_14_t_2?encoding=UTF8&psc=1&refRID=7KFS5ZB4D2810YD7Z6M1

<https://mindfulnessinschools.org/>

<https://www.theguardian.com/lifeandstyle/shortcuts/2014/jan/07/mindfulness-beginners-guide-meditation-technique-treatment-depression>