**Emotional Wellbeing and Mental Health Support During Coronavirus**

This resource is available to support Emotional Wellbeing and Mental Healthfor you, your staff and your families.

*Please note: Advice, guidance and resources are updated on a regular basis. To ensure you are able to find the latest updates in this document we have highlighted them using the following symbol:* ***\****

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***Please note****: Essex County Council does not manage the content nor does it own these resources. It does not hold clinical risk for those using them. Please check the suitability of the resources based on your knowledge of the individual.*

**Welfare checks and safeguarding**

Emotional wellbeing and mental health is an absolute priority with regard to safeguarding, particularly at this challenging time when you are likely to not see your pupils regularly.

Guidance has been provided by the Government about keeping in touch with and supporting vulnerable pupils: <https://www.gov.uk/government/publications/coronavirus-covid-19-guidance-on-vulnerable-children-and-young-people/coronavirus-covid-19-guidance-on-vulnerable-children-and-young-people>. For each of these pupils you are advised to make sure that you are checking in with them regularly. This could be up to daily if/when this is deemed important to do so and you may need to alter your approaches as a result of any changes in their circumstances.

It may be that some pupils, who did not previously present as vulnerable, become so during this period of isolation. We advise checking in with ALL pupils/families at least weekly to ensure you can monitor and assess changes in need and respond appropriately. This may include making a space available for them in school.

How you check in with your pupils is at your discretion and should be in agreement with the parents/carers, but may include visiting the home to see the child (please refer to the Safeguarding briefing dated 26.03.20 by Jo Barclay), video call or a phone call.

**What to do if you have concerns**

If you have any concerns about children/young people already open to EWMHS, you should contact the relevant local team where a Clinician of Day will respond (on 0300 300 1600). The EWMHS has contacted all existing patients to agree the level of service to be offered during this period.

For any new concerns, you should contact the Single Point of Access as usual: **0300 300 1600**  (9 am- 5 pm, Monday – Friday) or via email at [nelft-ewmhs.referrals@nhs.net](mailto:nelft-ewmhs.referrals@nhs.net)

The Essex Single Point of Access to Essex EWMHS by NELFT NHS Foundation Trust can also be accessed via: [https://www.nelft.nhs.uk/ewmhs-get-in-touch/](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.nelft.nhs.uk%2Fewmhs-get-in-touch%2F&data=02%7C01%7C%7C364da91d6d8f444072c708d7d18675bb%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C637208247733054383&sdata=gr60UyxA6VkFuPLQrSaNj42fVkB4LwUBcgD4y6u3tuY%3D&reserved=0)

If you feel a child or young person is at risk of harm, you must follow your normal safeguarding procedures;

* Write down exactly what the child/young person says, using their own words.
* Do not promise confidentiality to the child/young person and ensure they understand your duty of care if you have a concern.
* Enable the child/young person to be part of the process, if appropriate, e.g. clarifying details with them and ensure they know/understand what is going to be shared and with whom.
* Share the disclosure with your Designated Safeguarding Lead.
* Share the disclosure with the child/young person’s parents/carers, unless it puts the child/young person at further risk to do so, in which case contact:
  + - Family Operations Hub 0345 6037627 (ask for the Children and Families Hub Priority Line), and/or contact the following:
    - Emergency Duty Service 0345 6061212 (immediate out of hours response, Mon-Thurs 5pm-8.45am and Fri 4.30pm-Mon 8.45am inc. Bank Holidays)
    - Police 999 or 112.

Further guidance on Safeguarding and procedures can be found here:

* Essex Schools Infolink: <https://schools.essex.gov.uk/pupils/Safeguarding/Pages/Safeguarding.aspx>
* Essex Safeguarding Children’s Board: <https://www.escb.co.uk/>
* Essex Welfare Service are offering a request for support service for those who are vulnerable or in need of some support during this difficult time. They have volunteers that are happy and still comply with government guidelines: <https://www.essexwelfareservice.org.uk/support-request>

**Advice & Guidance on Self-isolation:**

These links are trusted sources on how and why we need to self-isolate:

* Self-isolation guidance by Public Health England: <https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection>
* Social distancing by Gov.uk: <https://www.gov.uk/government/publications/covid-19-guidance-on-social-distancing-and-for-vulnerable-people/guidance-on-social-distancing-for-everyone-in-the-uk-and-protecting-older-people-and-vulnerable-adults>
* BBC News Guidance: <https://www.bbc.com/news/uk-51506729>
* Looking after your mental health whilst in self-isolation by Young Minds: <https://youngminds.org.uk/blog/looking-after-your-mental-health-while-self-isolating/>

**Top Tips for Teachers Working in School**

How to structure conversations with children and young people when discussing their emotional wellbeing and mental health:





* Supporting schools and colleges booklet by the Anna Freud Centre: Responding to the coronavirus: resources for mental health and wellbeing: <https://www.mentallyhealthyschools.org.uk/media/1960/coronavirus-mental-health-and-wellbeing-resources.pdf?utm_source=newsletter&utm_medium=email&utm_campaign=coronavirus&utm_content=toolkit>
* Risk-Avert: is providing resources to all schools in Southend, Essex and Thurrock which can help support pupils and parents during this unprecedented time. Risk-Avert is open and available to all schools during the pandemic, contact details can be found here: <https://www.risk-avert.org/> , and they have developed a set of resources to support pupils still in school to talk about concerns and anxiety and promote positive self-help skills. They are appropriate for KS3 and 4. You can also send these to parents if you feel this will be helpful. For more information or if you have difficulties accessing the resources, please contact our project co-ordinator Tania Gauder - [tania@thetrainingeffect.co.uk](mailto:tania@thetrainingeffect.co.uk) or call 01233 503795.
* Toolkit for schools by Action for Happiness: The Keys to Happier Living Toolkit is an engaging, accessible and evidence-based programme to promote the emotional wellbeing and resilience of children aged 7-11.<https://www.actionforhappiness.org/toolkit-for-schools>
* Guide for PSHE Leads preparing for, or in the event of school closures by PSHE Association: <https://www.pshe-association.org.uk/system/files/Guide%20for%20PSHE%20Leads%20in%20the%20event%20of%20school%20closures.pdf>
* Text support service for teachers by Teach Together: <https://chartered.college/teachtogether/>
* Rise Above: <https://campaignresources.phe.gov.uk/schools/topics/rise-above/overview> Helping you teach PSHE curriculum topics to Upper KS2, KS3 and KS4 pupils, with flexible lesson plans and ready-to-use PowerPoints co-created with teachers, and video content developed with 10 to 16-year-olds.
* ECC are encouraging schools to make recovery and emotional wellbeing a priority at this time. To support this our SEND Strategy Team for Social, Emotional & Mental Health have developed a collection of free training and resources for school/setting staff promoting the importance of emotional wellbeing for both pupils and staff: <https://schools.essex.gov.uk/admin/COVID-19/Pages/default.aspx>
* Coram Life Education launches free teaching toolkit to support children’s health and wellbeing when schools reopen: <https://www.coram.org.uk/news/coram-life-education-launches-free-teaching-toolkit-support-children%E2%80%99s-health-and-wellbeing>
* The Bupa UK Foundation and the Carnegie Centre of Excellence for Mental Health in Schools are delighted to launch a new seminar series for School Leaders, Senior Mental Health and Pastoral Leads which focuses on the mental wellbeing of staff, pupils and the wider community as schools re-open: <https://leedsbeckett.ac.uk/carnegiebupaseminars/>
* The Good Grief Recovery Method. Resources for schools for helping children with loss: <https://www.griefrecoverymethod.co.uk/schools/>
* ELSA Support have provided resources to support returning to school: <https://www.elsa-support.co.uk/wp-content/uploads/2020/05/Wellbeing-questionnaire-back-to-school.pdf>
* CORC Assessments & Outcomes tools: <https://www.corc.uk.net/outcome-experience-measures/>
* The Children’s Society resources and advice for returning to school: <https://www.childrenssociety.org.uk/back-to-school/childrens-well-being-and-mental-health>
* A book for children created by a school about returning to school in a bubble: <http://www.adamsrill.lewisham.sch.uk/wp-content/uploads/2020/05/Coming_back_to_school_in_a_bubble__A_book_for_children__1_-1.pdf>
* \* Anna Freud Centre Managing the transition back to school: a guide for schools and colleges <https://www.annafreud.org/media/11727/managing-transition-back-to-school-jun2020.pdf>

* \* Back To School: Behaviours That Challenge Prevention Checklist (Blog and Infographic) <https://positiveyoungmind.com/back-to-school-behaviours-that-challenge-prevention-checklist/>
* \* PSHE Association Coronavirus Hub: <https://www.pshe-association.org.uk/content/coronavirus-hub>

**Emotional Wellbeing whilst in self-isolation (children, young people and adults)**

Top tips for staying emotionally healthy during self-isolation:

**5 ways of wellness:**



* + **Stick to a active daily routine** (e.g. creating your own daily programme including three meals a day, activity time slots, self-care opportunities and bedtime routine)
  + **Do light activity** - stretch and home workouts (e.g. yoga, dance, spring cleaning the house)
  + **Keep up hobbies that keep you moving** (e.g. baking, reading, writing, making music, gardening etc)
  + **Engage in creative activities** (e.g. art, scrap book making, junk modelling, restoring furniture, create music, redecorating)
  + **Keep connected to others** (e.g. phones, email, skype, websites, helplines & online counselling)
  + **Keep an active mind** (e.g. learning a new skill, research, brain training games, home learning using such free websites)
  + **Try Meditation and relaxation** (e.g. Apps and free YouTube videos such as headspace)
  + **Hot desk at home with planned short brain breaks**
  + **Plan meals in advance**
  + **Do things you enjoy doing** (e.g. watch a boxset, paint your nails, listen to podcasts, reading etc)
  + **Keeping hydrated**
  + **Self-care opportunities** (Self-care is any activity that we do deliberately in order to take care of our mental, emotional, and physical health. Although it's a simple concept in theory, it's something we very often overlook. Good self-care is key to improved mood and reduced anxiety)

**Parent/Adult Resources**

The following resources will help you to support the emotional wellbeing and mental health of yourself and your family:

**Emotional Wellbeing through Coronavirus:**

* Public Health England Coronavirus resources: [https://campaignresources.phe.gov.uk/resources/campaigns/101-coronavirus-/resources](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcampaignresources.phe.gov.uk%2Fresources%2Fcampaigns%2F101-coronavirus-%2Fresources&data=02%7C01%7C%7C0f74248f47dd40f2eed608d7cfcffcba%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C637206364512880426&sdata=Qfa8Q2qTgEn%2FqT6yIkit8Ej8yzlTbl6XLBw3oslRS3c%3D&reserved=0)
* Advice for children, families and staff: <https://www.annafreud.org/coronavirus/>
* Mental health foundation, How to look after yourself after your mental health during the Coronavirus outbreak: <https://mentalhealth.org.uk/coronavirus>
* Guidance for the public on the mental health and wellbeing aspects of coronavirus (COVID-19): <https://www.gov.uk/government/publications/covid-19-guidance-for-the-public-on-mental-health-and-wellbeing/guidance-for-the-public-on-the-mental-health-and-wellbeing-aspects-of-coronavirus-covid-19>
* New advice to support mental health during coronavirus outbreak: People struggling with their mental health during the coronavirus (COVID-19) outbreak will be offered additional online support and practical guidance to help them cope by Gov.uk: <https://www.gov.uk/government/news/new-advice-to-support-mental-health-during-coronavirus-outbreak?utm_source=6030a355-bc47-42d5-acc5-8499a6f38573&utm_medium=email&utm_campaign=govuk-notifications&utm_content=immediate>
* Mind, coronavirus and your wellbeing: <https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/>
* 6 ways parents can support their kids through coronavirus (Unicef): <https://www.unicef.org/coronavirus/6-ways-parents-can-support-their-kids-through-coronavirus-covid-19>
* Young minds; advice to young people and parent on mental health and impact of coronavirus: <https://youngminds.org.uk/about-us/media-centre/press-releases/youngminds-publishes-advice-for-young-people-and-parents-on-mental-health-impact-of-coronavirus/>
* Young minds; what to do if you are anxious about coronavirus: <https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/>
* Coronavirus: A book for Children: <https://nosycrow.com/blog/released-today-free-information-book-explaining-coronavirus-children-illustrated-gruffalo-illustrator-axel-scheffler/>

Axel Scheffler has illustrated a digital book for primary school age children, free for anyone to read on screen or print out, about the coronavirus and the measures taken to control it. The book answers key questions in simple language appropriate for 5 to 9 year olds.

* King’s College London’s Institute of Psychiatry, Psychology & Neuroscience, South London and Maudsley NHS Foundation Trust and Maudsley Charity have launched a series of eight short films to help families struggling under the coronavirus pandemic. The Families Under Pressure series offers parenting tips and advice: <https://maudsleycharity.org/whats-on/news/kings-college-london-nhs-maudsley-hospital-and-maudsley-charity-launch-families-under-pressure/>
* Nip in the Bud has produced a short film and fact sheet to help parents and teachers deal with any potential feelings of apprehension and anxiety that children may experience on returning to school. The 8 minute short film provides important and straightforward advice. <https://nipinthebud.org/information-films/tips-for-returning-to-school/>
* \* HeadStart Kent: resources & info <https://kentresiliencehub.org.uk/covid-19-resources/>

* \* SEN Show Series: From the UK's leading show for the SEN community, the SEN Show Series aims to prepare educational staff of all levels, parents and carers for the return to school in the 'new normal'. <https://www.bigmarker.com/series/sen-show-series1/series_summit>

**Supporting children and young people:**

* Supporting children and young peoples’ mental health advice: <https://www.nhs.uk/conditions/stress-anxiety-depression/>
* NSPCC; Mental health and parenting: <https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/mental-health-parenting/>
* Kids Inspire: <https://kidsinspire.org.uk/virtual-childrens-mental-health-therapy-for-those-most-in-need/> The service remains open and the team are continuing to support families right across the county. If you need to speak with one of the team, you can still do so on one of the phone numbers. A member of the team will be available Monday - Friday between 9am – 5pm.

- They are using safe online platforms to provide much needed therapy

- A very small number of the most vulnerable young people are currently receiving face to face therapy

- They are offering online consultation/support service for all key workers

- If it would help to speak to one of the qualified therapists please get in touch.

* \* Article about getting through lockdown with teenagers: <https://weneedtotalkaboutchildrensmentalhealth.wordpress.com/2020/03/29/2and-getting-through-lockdown-together-with-teenagers/>

**Supporting yourself and your family:**

* How to support your mental health whilst working from home by Mental Health First Aid England: <https://mhfaengland.org/>
* For your mind health get ‘your mind plan’ quiz, get ‘your physical health quiz’, plus NHS endorsed Apps: <https://www.nhs.uk/oneyou/every-mind-matters/your-mind-plan-quiz/?WT.tsrc=Search&WT.mc_id=MentalHealthGeneric&gclid=CjwKCAjw3-bzBRBhEiwAgnnLCgr2g84Ag7XAbtbARWt6APSWPwt75UUcPUtsNkI6L37vTprESbG_wBoC8XwQAvD_BwE>
* Coronavirus Colchester Borough Council’s Covid-19 Community Response Pack: <https://cbccrmdata.blob.core.windows.net/noteattachment/CBC-Our-Council-Community-Support-Pack-Community%20Response%20Pack%20PDF.pdf>
* Mental health explained by the organisation Mind: <https://www.mind.org.uk/information-support/types-of-mental-health-problems/mental-health-problems-introduction/support-services/>
* Get tips and advice to look after your mental health by Every Mind Matters

<https://www.nhs.uk/oneyou/every-mind-matters/your-mind-plan-quiz/?WT.tsrc=Search&WT.mc_id=Brand&gclid=EAIaIQobChMIoOfyrMrE6AIVQbDtCh2GjwJREAAYASAAEgJPO_D_BwE>

* Active Coping Calendar for April by Action for Happiness: <https://www.actionforhappiness.org/active-april>
* The app by Action for Happiness is like having a little personal action coach in your pocket who; Gives you friendly 'nudges' with an action idea each day; sends you inspiring messages to give you a boost and; helps you connect & share ideas with like-minded people: <https://www.actionforhappiness.org/app>
* The Wilderness Foundation provide resources and activities to keep you focussed, active and entertained. Keeping you and your family physically and mentally healthy: <https://wildernessfoundation.org.uk/wildtime/>

* Time to Change website & signposting to other websites: <https://www.time-to-change.org.uk/mental-health-and-stigma/help-and-support>
* How to support someone experiencing mental health difficulties by the Mental Health Foundation: <https://www.mentalhealth.org.uk/publications/supporting-someone-mental-health-problem>
* That discomfort you’re feeling is feeling is grief by Scott Berinato:

<https://hbr.org/2020/03/that-discomfort-youre-feeling-is-grief?sfns=mo>

* Helping your friends and family 12 things to try when a loved one is struggling by Scottish Association for Mental Health (SAMH): <https://www.samh.org.uk/documents/looking_after_friends_and_family_factsheet.pdf>
* 16+ self-help CBT online course by Moodgym (advocated from SAMHs document above): <https://moodgym.com.au/info/faq>
* 24/7 safe community to support your mental health by Big White Wall: <https://www.bigwhitewall.com/>
* Course for learning and practicing mindfulness by Be Mindful Online: <https://www.bemindfulonline.com/>
* Parental mental health: How to help children living with parents with mental health problems by NSPCC: <https://www.nspcc.org.uk/keeping-children-safe/child-protection-system/parental-mental-health/>
* Parenting with mental health challenges by Mind: <https://www.mind.org.uk/information-support/tips-for-everyday-living/parenting-with-a-mental-health-problem/parenting-and-mental-health/>
* Young Minds for parents: <https://youngminds.org.uk/find-help/for-parents/>
* Parenting with mental health illness by Young Minds: <https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-to-support-parental-mental-illness/>
* Activities for families whilst in self-isolation by Home Start: <https://www.home-start.org.uk/news/activities-for-families-during-self-isolation>
* Parent helpline and online counselling by Relate: <https://www.relate.org.uk/relationship-help/talk-someone>
* NHS mental wellbeing audio guides: <https://www.nhs.uk/conditions/stress-anxiety-depression/moodzone-mental-wellbeing-audio-guides/>
* Mental Health Foundation Podcasts: <https://www.mentalhealth.org.uk/podcasts-and-videos/podcasts-for-your-wellbeing>
* Obsessional Compulsive Disorder - OCD UK: <https://www.ocduk.org/>
* Good days and bad days during lockdown by Beyond Words. This is a short wordless booklet with scenes from existing Beyond Words stories looking at what makes a ‘good day’ and what makes a ‘bad day’. Scenes address social distancing, lockdown, mental health and daily routines: <https://booksbeyondwords.co.uk/downloads-shop>
* Beating the Virus by Beyond Words is a short wordless story that will help people to understand what to do if you have Coronavirus and how to keep yourself and those who you care about safe. The story also shows how to safely help others who may be self-isolating.

Supplementary text at the end of the story gives information on where people can seek help if they are unwell and signposts to other useful resources:

<https://booksbeyondwords.co.uk/downloads-shop/beating-the-virus>

* The Atrium Clinic: [www.atriumclinic.co.uk](http://www.atriumclinic.co.uk) / 01702 332857

Atrium are launching new online and telephone-based early intervention services to support parents during this difficult period delivered by our therapy-trained family coaches. Coaches have additional trainings in parenting and are experienced in working with families. Group sessions are FREE. They are also able to offer help to worried patients via Zoom for both group and individual consultations. Telephone support is also available for those who would prefer it. (Some services are chargeable).

* Rethink Advocacy: <https://www.rethinkessexadvocacy.org/>

Essex All Age Advocacy service provides statutory and non-statutory advocacy for the community in Essex. Phone line remains active between 9am and 5pm, please leave a message with your name and contact details and they will get back to you within the same working day. Advocates are still working and doing all they can to continue to support clients in the best possible way.

* Renew Counselling <https://www.renew-us.org/> / 01245 359353 or 01268 822 800

Telephone support is now available to anyone who needs it, including existing clients and those who have not worked with us before.

* The Pandemic Toolkit Parents Need, by Psychology Today: <https://www.psychologytoday.com/us/blog/pulling-through/202004/the-pandemic-toolkit-parents-need?eml> Dr. Bruce Perry, child psychologist and trauma expert, has a helpful guide for parents looking for answers. His research on handling stress and staying regulated can inform us as we’re faced with challenges ahead.
* N.O.Ws The Time for Change <https://www.nowsthetimeforchange.com/> NOW is the time for change uses coaching methods combined with alternative therapies to improve wellbeing. Please see their website for contact details and links to their social media.
* Colchester and Tendring Youth Enquiry Service: [www.yesyouthenquiryservice.org](http://www.yesyouthenquiryservice.org) If YOU are between 11- 19 years old or are the parent or carer of a child or young person who is struggling, and need someone to talk to please call Maria Hales on 07436805270 between 11- 2pm Monday/Tuesday/ Wednesday or Thursday. Or call YES family therapist Karen Atwell on 07484091578 Mondays or Wednesdays between 11-2pm. If the phones are engaged, please leave your number and they’ll call you back as soon as they are able to.
* Essex Family Wellbeing Resource Hub: <https://essexfamilywellbeing.co.uk/covid-19-pandemic-resource-hub/> To support you and your family through the COVID-19 pandemic, Essex Child and Family Wellbeing Service has created a brand new resource hub.
* Practical help and tips from us which may help you if you are newly bereaved under any circumstance, including a UK map to find your nearest support organisation: <https://www.thegoodgrieftrust.org/>

**Child/Young People Resources**

The following resources will help children and young people to manage their own emotional wellbeing and mental health:

**Apps:**

NHS approved mental health apps list:

<https://www.nhs.uk/apps-library/filter/?categories=Mental%20health>

**Guidance & Activities for Children:**

* At home activity guide and ideas (Toddlers and Young children) by Zero to Three: <https://www.zerotothree.org/resources/3264-at-home-activity-guide>
* Make the most of video chats to families and friends with young children by Zero to Three: <https://www.zerotothree.org/resources/2535-five-tips-to-make-the-most-of-video-chats>
* Cosmic Kids Yoga: <https://www.youtube.com/user/CosmicKidsYoga>
* Joe Wicks workout for kids: <https://www.youtube.com/watch?v=Rz0go1pTda8>
* Joe Wicks Home workout: <https://www.youtube.com/watch?v=fHfTCd2q-rg>
* \* Book: How not to go to school. Free to download: <https://parsleymimblewood.files.wordpress.com/2020/04/parsleymimblewoodsavestheworld.pdf>

* \* Book: Back to School, a story about returning to school. Free to download: <https://www.elsa-support.co.uk/wp-content/uploads/2020/05/Back-to-school-after-Coronavirus-1.pdf>

**Guidance for Young People:**

* We all have mental health by Anna Feud: <https://www.youtube.com/watch?v=DxIDKZHW3-E>
* Social media and mental health by Young Minds: <https://youngminds.org.uk/find-help/looking-after-yourself/social-media-and-mental-health/>
* Wysa a private reflective space: <https://www.wysa.io/>
* Mindfulness explained and activities by Headspace for Kids: <https://www.youtube.com/channel/UC3JhfsgFPLSLNEROQCdj-GQ>
* Essex Youth Service E-learning courses: <https://youth.essex.gov.uk/young-people/free-resources-for-you/> Free online courses for young people (secondary phase+).
* Rise Above: <https://riseabove.org.uk/> Mental Health website for young people (secondary phase+).
* \* Teen Talk <http://www.teentalkharwich.co.uk/indexmain.php> offer a free and confidential information and support service for young people aged 11-25 years in Essex.

**Helplines**

The following links provide details of helplines, webchats and text support services:

**Teacher Support Line:**

* Teachers telephone support and counselling: <https://www.educationsupport.org.uk/individuals/telephone-support?gclid=CjwKCAjw3-bzBRBhEiwAgnnLCmUfeRwOAhPpgEqBxPPesGqh43Okyn8ax-Rs9wge26DOqT4gFhsejRoCiI4QAvD_BwE>

**Parent Support lines**

* Samaritans helpline 116 123: <https://www.samaritans.org/chatappeal3/?gclid=CjwKCAjw3-bzBRBhEiwAgnnLCgy8E_S_3AFSQ4rm0TOPR1nPGC-5sd-rCSlqvqCWHquaN_u-8QEdMRoCBqcQAvD_BwE>
* Text support if you are experiencing a crisis by Give Us a Shout: <https://www.giveusashout.org/about-shout/>
* Family support helpline by Families in Action: <https://www.family-action.org.uk/what-we-do/children-families/family-support-services/>
* Helpline by Supportline (any age): <https://www.supportline.org.uk/about/aims-of-service/>
* Parent helpline by Young Minds: <https://youngminds.org.uk/find-help/for-parents/>
* Parent confidential helpline by Family Lives: <https://www.familylives.org.uk/>
* Bereavement care support line by Cruse: <https://www.cruse.org.uk/>

**Children & Young People Support Lines:**

* NSPCC helpline 0808 800 5000: <https://www.nspcc.org.uk/what-you-can-do/make-a-donation/kids-in-real-life/> (The service includes emotional support)
* Online or on the phone anytime by Childline 0800 1111: <https://www.childline.org.uk/> (The service includes emotional support)
* Free, safe, and anonymous online support for young people by Kooth.com: <https://www.kooth.com/>
* Advice and helpline by Anxiety UK: <https://www.anxietyuk.org.uk/>
* Advice & helpline by Beat Eating Disorders: <https://www.beateatingdisorders.org.uk/support-services/helplines>
* Confidential advice and support around a range of physical and emotional needs. Essex school nurse text service: <https://essexfamilywellbeing.co.uk/chat-health/>
* Helpline for under 25s by The Mix: <https://www.themix.org.uk/?gclid=Cj0KCQjwpfHzBRCiARIsAHHzyZo3TCEkwAkum3duWevgywH_dkez2OvQWI2kBXrPb5GkTZS6AjdBErkaAngiEALw_wcB>

**Crisis Management**

Crisis management is for assessing risk when a person presents as showing signs of distress with their mental health, which causes concern for their safety or others safety.

**Emergencies**

* Essex crisis management page guidance: <https://www.essex.gov.uk/mental-health>

Emergency or crisis help:

When you or someone that you care for is having extreme mental health difficulties, you may need to get help very quickly. This information is only to be used for a mental health emergency or crisis.

Serious or life-threatening issues:

If you or someone that you care for is in immediate danger, you should:

* **Contact the emergency services on 999**
* **Go to your nearest A&E department**

Urgent issues:

If you or someone that you care for is having an urgent mental health issue, you should:

* Call your mental health support worker, if you have one - this may be your care co-ordinator or key worker
* Call NHS 111: This NHS service is available 24 hours a day
* Book an emergency GP appointment - they should be able to offer you an appointment in a crisis with the first available doctor
* Call Adult Social Care on 0345 603 7630 or 0345 606 1212 (outside of normal working hours)
* Call the Crisis Team at EPUT (for Adults) or the Crisis Support Service (for Young People) on 0300 555 1201
* NHS Choices has a mental health helpline page with a list of organisations you can call for immediate assistance

**Further information**

* NHS guidance on: Dealing with Mental Health Crisis or Emergency: <https://www.nhs.uk/using-the-nhs/nhs-services/mental-health-services/dealing-with-a-mental-health-crisis-or-emergency/>

**Suicide Prevention**

* How to promote positive emotional well-being and reduce the risk of suicide in children and young people byEssex County Council: <https://schools.essex.gov.uk/pupils/Safeguarding/Emotional_Wellbeing_and_Mental_Health/Documents/Promoting%20Positive%20Emotional%20Well-being%20and%20Reducing%20the%20Risk%20of%20Suicide%20-%20Spring%202018.pdf>
* Advice and free online training by Zero Suicide Alliance: <https://www.zerosuicidealliance.com/>
* prevention of young suicide Hopeline by Papyrus: <https://papyrus-uk.org/>
* Advice, helpline and webchat for young males aged 15-35 by Campaign Against Living Miserably (CALM): <https://www.thecalmzone.net/>
* Only national out-of-hours specialist helpline for people affected by mental illness. Text care and call backs by SANEline: <http://www.sane.org.uk/what_we_do/support/helpline/>

**Safety Planning and Self-harm Coping Guidance**

* Safety Planning and Self-harm coping plan guidance by Students Against Depression: <https://www.studentsagainstdepression.org/self-help/>
* Safety planning by Safe Lives: <http://www.safelives.org.uk/sites/default/files/resources/YP_safetyplan.pdf>
* Self-harm management toolkit by Essex County Council & Partners: <https://schools.essex.gov.uk/pupils/Emotional_Wellbeing_and_Mental_Health_Information_Portal_for_Schools/Documents/DS17_5950_SelfHarm_Toolkit_Digital.pdf>
* Calm harm app, to support people managing the urges to self-harm: <https://www.nhs.uk/apps-library/calm-harm/>
* Advice and guidance by Harmless: <http://www.harmless.org.uk/ourResources/copingStrategies>
* Self-injury support helpline, text support and webchat: <https://www.selfinjurysupport.org.uk/>

**Appendix 1**

**Risk and protective factors**

There are sets of risk and protective factors that may be present in someone’s life and these factors interact to form feelings, thoughts and actions. The more risk factors present in a person’s life, the more protective factors are needed to counterbalance the areas of risk. These factors exist on an individual level, within families and within wider communities.

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|  | **RISK Factors for vulnerability** | **PROTECTIVE factors for growing resilience** |
| I  N  D  I  V  I  U  A  L | Prenatal trauma / premature birth / birth trauma, difficult temperament  Physical illness, especially if chronic or neurological  Learning or communication difficulties / disabilities  Separation from parents  Low self-esteem / learned helplessness  External types of self-motivation / attributions / self-efficacy  Difficulty in trusting others  **Sexual or physical abuse**  **Failing exams / impending exams** | Easy temperament, Being female  Positive self-image & self-confidence, Independent, autonomous  Internal types of self-motivation / attributions / self-efficacy (e.g. awareness that they have an impact on the world around them)  Ability to relate to and trust others  Good communication & social skills  Ability to regulate strong feelings and impulses and can delay gratification  Hope / positive beliefs / curiosity / creativity |
| F  A  M  I  L  Y | Lack of secure attachment experiences  Fragmented family structures (single parent / separated families / army / **prison**) **divorce or separation) - relationships ending**  Parent / caregiver with mental health difficulties (depression, drug / alcohol abuse, **family history of suicide**)  Domestic violence, abuse, poverty, **unemployment**, loss and bereavement | Provides secure attachment experience /  **relationships** provide care and support / create love and trust / offer encouragement  Warmth, cohesion – family is a ‘group’  Absence of stress / conflict  Emotionally available and stable parent / carer  Highly structured / high expectations  Encourages participation in a ‘family life’ |
| C  O  M  M  U  N  I  T  Y | Separated families (children from parents in hospital)  Lack of extended family and friends  Birth experience – hospital approaches  Gang culture  Ethos / attitudes / beliefs  lack of community cohesion  Violence, drugs, unsafe living area  Unemployment / poverty areas  Lack of a sense of power or input / involvement in community  **Exam times in schools / results events** | Extended network of family and friends  CONNECTEDNESS  Positive peer relationships / positive peer influence  Social organisations that offer array of services  Consistent expression of social norms and expectations / what constitutes acceptable behaviour  Sense of  cohesion / community neighbourhoods and neighbours / Sense of pride / culture / identity  Opportunities for children / young people to participate in community life as a valued members |

* **Particular risk factors linked to suicide have been indicated in bold** (*Source of bold**content:* [*www.befrienders.org*](https://eur02.safelinks.protection.outlook.com/?url=http%3A%2F%2Fwww.befrienders.org%2F&data=02%7C01%7C%7C6c9d6807c70a420eba7e08d7d2689dec%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C637209219068924054&sdata=KTjhLWHU%2BnjxhwZI2y7PNM8RPRiBZkLbIfSnjQ8BxXs%3D&reserved=0)*)*

**Appendix 2**

**NELFT NHS Advice & Guidance Flowchart**

* NELFT NHS Advice & Guidance when planning to send a young person from an educational setting to A&E for mental health concerns:



