

FREE READY-MADE RESOURCES, VIDEOS AND TOOLKITS FOR SCHOOL PROFESSIONALS, PARENTS AND YOUNG PEOPLE

A DIRECTORY

The following is a directory of free national and local quality assured resources, guidance documents, training videos/ webinars and toolkits that have been produced for schools to use during the Covid-19 pandemic. Many of the resources are available to access on the [Healthy Young Minds in Herts – Covid 19](#) page and [Just Talk](#) websites. The directory should help with easy identification of which resources are most suitable to which setting/s. This is not an exhaustive list of all the information that is available to schools and we will continue to update and expand this document in the next weeks and months. If you would like us to add anything to the directory, please contact the **Strategic Leads for Mental Health in Schools**: Yael Leinman at y.leinman@nhs.net or Breda O'Neill at Breda.O'Neill@nhs.net

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Name of Resource/ link	Focus of Resource	Who would benefit from this resource and where it would be most relevant
Staff Emotional Wellbeing and Resilience		
Looking after each other & ourselves Anna Freud National Centre for Children and Families.	Supporting the mental health and wellbeing of staff at schools and colleges during periods of disruption.	All staff All schools and colleges settings
Self-care is about the things we can do to look after our own mental health - Access over 90 self-care strategies to help if you are feeling low or anxious – From the Anna Freud National Centre for Children and Families.	Originally written by young people but suitable also for adults and families	Adults
Anna Freud National Centre for Children and Families - Claire Ely speaks about the importance of school staff looking after their own wellbeing , and how senior leaders can support this	Staff Wellbeing	Staff/ SLT
Supporting Staff Wellbeing in Schools - This booklet has been developed with our mental health experts, and aims to give school staff and Senior Leadership Teams some simple guidance and good practical examples where schools have successfully implemented wellbeing strategies.	Staff Wellbeing	SLT/ MHL
Anna Freud National Centre for Children and Families - Ten Steps Towards School Staff Wellbeing	Staff Wellbeing	SLT/ All staff
Mental Health at Work - National agencies supporting different professionals in their roles.	Staff Wellbeing	All staff

Mind in Herts courses	Free Online Exercise Groups with Emotional Support for People wanting to get back into Exercise. Free Online Living Well Courses and Workshops. Free Online Mindfulness for You and Your Team!	All
Mental Health First Aid England resources divided for those who are Mental Health First Aiders and resources for Everyone .	Resources for remote working	Mental Health Aiders Everyone

Emotional wellbeing /Resilience of Pupils		
DfE: Supporting Pupil and student mental wellbeing webinar	A webinar discussing the impacts of the pandemic on CYP mental wellbeing and how education leaders have taken action.	Primary school – How Broadgreen Primary School have adapted to Covid-19 following a whole school approach model. Secondary school – Mental Health at Buile Hill Academy – same link as the webinar, but move to 42:23 within the main recording. College – How Weston College have adapted during Covid-19 – sharing good practice.

https://www.gov.uk/guidance/teaching-about-mental-wellbeing	Videos for teachers on how to deliver a good lesson:	All staff
DfE Rise Above for schools (free download)	Content includes: What to do about worry, Social media, Sleep, Dealing with change, Transition to secondary school, Puberty, Bullying and cyberbullying, Smoking. Online stress and FOMO, Alcohol, Exam stress, Body image in a digital world, Forming positive relationships.	Helping 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.
DfE guidance for schools and colleges to support them keeping children safe, including online, during the coronavirus (COVID-19) outbreak : (Part of Education and childcare during coronavirus).	Coronavirus (COVID-19): safeguarding in schools, colleges and other providers	Schools Colleges
DfE guidance: Practical materials for primary and secondary schools (Part of Education and childcare during coronavirus)	Teaching about mental wellbeing. Use to train staff about teaching mental wellbeing.	All settings
DfE guidance: Section 3: Curriculum, behaviour and pastoral support (from Guidance for full opening: schools).	This section sets out some key principles and expectations for curriculum planning in school based nursery, mainstream and special schools, and alternative provision (AP), so that all pupils – particularly disadvantaged, SEND and vulnerable pupils – are given the catch-up support needed to make substantial progress by the end of the academic year.	All settings

PSHE Association- Guidance on teaching about mental health and emotional wellbeing	The guidance covers key aspects of teaching about mental health effectively and safely	All settings
Free resources for teaching staff and families From the Partnership for Children website. Ready-made resource to go that only take 10 minutes each.	Boosting your child's wellbeing during the Covid-19 lockdown covering: Feelings, staying connected, dealing with change, getting along, dealing with worries and relaxing	Teachers Families
https://www.annafreud.org/media/12070/coronavirus-wellbeing-final.pdf - CORONAVIRUS: By AFC, PHSE Association and NAHT (National Association of Head Teachers)	Supporting pupil's MH & WB	
Every Mind Matters *Note: New young person focussed campaign due in September 2020	Looking after your mental health and emotional wellbeing during coronavirus including guidance, advice and tips on how to maintain your mental wellbeing if you need to stay at home.	Students and Staff
https://www.camhs-resources.co.uk/coronavirus Links and resources as well as useful apps and videos.	Supportive guidance about how to support children and young people's emotional wellbeing during Covid-19.	Students
A new Five Ways to Wellbeing toolkit has been developed by the Just Talk partnership, to help promote healthy coping strategies and build resilience. Examples within the toolkit include COVID-19 consistent activities that can be undertaken while also social distancing E-learning modules are also in development.	A whole school approach to mental health and emotional wellbeing.	Primary Schools Secondary Schools All professionals that work with children and young people
Public Health England Click here	Supporting children and young people's mental health and wellbeing during the coronavirus (Covid-19)	For parents and carers

Public Health England Guidance Click here	For the public on the mental health and wellbeing aspects of coronavirus (Covid-19)	Parents/ carers
Public Health England PDF guide Click here	(an easy read guide) on Looking after your feelings and your body (coronavirus pdf)	Parents/ carers
Information for Children and Young people in this current pandemic - Click here for further information -	Looking after your mental health and emotional wellbeing:	For children and young people
Just Talk is a Hertfordshire multi-agency mental health and wellbeing campaign. Within the Just Talk website, there is information that specifically relates to Covid-19 which is updated on a weekly basis and includes collated and new resources and information for young people and parents.	Promoting and maintaining good mental health.	Parents Young people
Think Ninja - Downloadable app	Empowering children and young people to build resilience, manage their emotional health and to fulfil their potential.	for 10+
HPFT IAPT Psychological Wellbeing Webinars created a ' Finding a balance: Support for Parents of School Age Children ' (16 mins)	Top Tips for Parents	School aged children
Dorset HealthCare University NHS Foundation Trust provided a ' Back to Basics ' video (4 mins)	A house needs foundations to stand up safely and so does your wellbeing. Returning to school? Watch this short video to find out how to make going back a little easier.	Primary aged children
The Anna Freud National Centre for Children and Families ' Mentally Healthy Schools ' is a quality assured resource which any school based professional can register on to access freely available toolkits and a variety of information . Information is available on a range of issues including	There are currently 8 toolkits available through this channel.	All settings

providing practical guide to transition back to school (link available below). Mentally Healthy Schools: Building resilience toolkit – This sixth coronavirus toolkit is full of resilience-building resources for children, school staff and parents and carers. In this toolkit there are practical activities, tips, advice and more, focusing on building resilience, developing a growth mindset and coping with change.		
The Duchess of Cambridge has launched Hold Still, a community photography project, in collaboration with the National Portrait Gallery, to capture the spirit, the mood, the hopes, the fears and the feelings of the nation as we continue to deal with the coronavirus outbreak.	Explore some top tips for making portraits in lockdown	Primary Schools Secondary Schools
Nip in the Bud works with mental health professionals to produce short films and fact sheets to help parents, primary school teachers and others caring for and working with children to recognise potential mental health conditions.	The goal is to increase the prospects of early intervention and to reduce the risks of those conditions becoming more serious in later years. This link provides straightforward tips for parents and teachers to help deal with any potential apprehension or anxiety children may experience on returning to school.	All professionals Parents/ carers
The Schools Advisory Service has shared a number of free lesson topics and resources for your classroom. Other resources incur a cost.	Creative writing, Word search, Crossword and other freebies	Primary

Relationships, Sex and Health Education (RSHE)		
DfE: Relationships, Sex and Health Education: The Mental Wellbeing resources are drawn from Altius Teaching School training programme, and are being made available to help teachers who are currently working with pupils or preparing for schools to re-open. Snippets of videos and lesson plans are available for: Primary Mental wellbeing teacher training session: • Year 1 & Early Years– looking at the early range of emotions • Year 4 & 5 – how cyber bullying can be approached in a lesson • Year 6 – looking at more developed emotions focussing on isolation and loneliness Secondary Mental wellbeing teacher training session: • Recognising and exploring emotions (in particular those linked to Covid-19) • Exploring anxiety; when should we seek help • Dealing with anxiety; use of case studies • Keeping Mentally Healthy booklet (PDF)	RSHE Curriculum	Primary Secondary
PSHE Association - Mental health and emotional wellbeing lesson plans for key stages 1 to 4	These lesson plans will enable schools to cover relevant content from the government’s statutory Health Education, Relationships Education and RSE guidance.	All settings
Hertfordshire RSE Guidance: Sexual health toolkit (2020) • Information on how to talk to young people about sex and relationships • Links to sexual health services This toolkit contains information on how to talk to young people about sex and relationships, including how to deal with common issues such as STIs, pregnancy, contraception, sex and the law, confidentiality, sexuality and	RSE curriculum	All professionals working with young people in Hertfordshire.

relationships concerns. It also contains links to sexual health services in Hertfordshire, so you can make young people aware of the services available to them and be sure you are signposting young people to the right help at the right time		
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Transition/ Recovery Curriculum		
Co-SPACE team have put together a 1-page document, attached here , summarising some ideas on how parents/carers can support children and young people as they settle back into school and other forms of education.	Support children's emotional wellbeing as they return back to school.	For staff Parents/ carers
DfE guidance: From Coronavirus back to the classroom Oxford University Hospital, Tes and Oxfordshire	Helping schools to make the transition back to school work for the most vulnerable young people	All settings
Evidence for Learning: A Recovery Curriculum: Barry Carpenter, Professor of Mental Health in Education, Oxford Brookes University and Matthew Carpenter, Principal, Baxter College. Podcasts are available on the website: https://www.evidenceforlearning.net/recoverycurriculum/ Episode 1: A Recovery Curriculum – Loss & Life for our Children and Schools Post Pandemic : includes a lecture that delves deeper into some of the ideas, concepts and research behind the Recovery Curriculum Think Piece and begins to think about questions that leaders and practitioners can ask of each other as they prepare to lead the recovery.	Loss & life for children and schools post pandemic	All settings
Transition Back to School After Lockdown Workshop provided by CWP team in SWLSTG Mental Health NHS Trust (South West London St George's Mental Health NHS Trust). They are happy for this material to be used or adapted as needed with a request to acknowledge the source i.e. SWLSTG Mental Health NHS Trust.	Transition back to school	Primary school staff Parents of primary school children where there have been some worries about returning to school after lockdown.

Return Back to School – School planning document to support transition back to school following the COVID-19 outbreak - Educational Psychology Service – ISL, HCC	For school leaders to support the emotional wellbeing of staff and students in returning to school following Covid-19 lockdown arrangements. It includes a checklist of steps and further guidance on how schools can promote key elements of trauma support through transition arrangements.	For school leaders, SENCos and Mental Health Leads to plan support at a whole school and individual pupil level.
Greater Manchester Health and Social Care partnership have shared Primary, Secondary and Further Education Back to School interactive PowerPoint deck	Back to School pack – Primary Back to School pack – Secondary Back to school pack – Higher Education * SEND pack – See under SEND category	All settings
Managing the transition back to school - a guide for schools and colleges – Anna Freud National Centre for Children and Families	In this booklet, Managing the transition back to school, the AFC are offering some practical considerations to be taken in the lead up to and once schools and colleges re-open.	All settings as part of a whole school and college approach.
Anna Freud National Centre for Children and Families - Returning to school toolkit #8	Schools and parents/carers can use these resources to prepare for the return to school in the autumn.	All settings
DfE Checklist for school leaders to support full opening : behaviour and attendance	This checklist is to assist all school leaders and staff in preparing to welcome back all pupils full-time from the beginning of the autumn term.	All settings
Early Intervention Foundation had produced easily accessible and ready to use strategies and evidence-based programmes that schools can use to support children's emotional wellbeing as they return to school.	To support schools to provide the nurturing environment that pupils need, the EIF have created a set of resources focusing on the vital role that effective, evidence-based social & emotional learning (SEL) can play.	All settings

A Roadmap for Renewal – Learning from lockdown	A practical toolkit for schools seeking a successful return after lockdown	All settings
EBSA Toolkit and Appendices – Emotionally Based School Avoidance (West Sussex)	The West Essex Educational Psychology service produced information booklets for parents, children and young people. The range of booklets includes an appendix providing Strategies for Young People with ASC	Schools Parents/ Carers Children/ Young People Children with ASC

SEND		
PSHE Association - PSHE education planning framework for pupils with SEND (Key Stages 1-4)	A fully updated version of the PSHE Association Planning Framework for Pupils with SEND. It will support those of you working with SEND pupils in both special and mainstream settings.	Special and mainstream education
Podcast published by the Association for Child and Adolescent Mental Health: Coronavirus, and helping children with autism – ‘Autism, a parents guide	SEND	For parents/ carers
Hertfordshire Virtual School have provided a range of useful resources around virtual education ideas including activities sheets.	Covid-19 online education resources, home learning ideas for children with special educational needs, home learning ideas for primary and secondary aged children, Maths activities and games and more.	School staff of : Primary Schools Secondary Schools
Complete Guide to Parenting Children with SEND : A Complete Guide to Parenting Children with ALL Special Education Needs & related conditions inclusive of those awaiting diagnosis/assessment.	This course is free for all parents living in Hertfordshire and caring for a primary aged child inclusive of those awaiting diagnosis or with a diagnosis of all Special Education Needs, Autism, ADHD etc.	For parents

Greater Manchester Health and Social Care partnership have shared Primary, Secondary and Further Education Back to School interactive PowerPoint deck	SEND pack	Professionals who work with children with SEND
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Stress/ Anxiety and Uncertainty		
Anna Freud National Centre for Children and Families: LIVE: Coronavirus Q&A on Anxiety for School and College Staff with our mental health and education experts (33 mins)	Helping parents and carers to support children and young people.	
Coping with exam pressure - Support around exam pressure Liverpool John Moores University	Useful information about how stress can affect our body and tips on how to manage this in a helpful way.	A guide for secondary schools students
Epic Friends (produced by Sheffield CAMHS)	Support young people who are worried about their friends emotional wellbeing	For 12-18 year olds
A free downloadable book for children about coronavirus illustrated by Axel Sheffler (Gruffalo)	Coronavirus	EY and Primary Schools Children (7+)
YoungMinds' blog	Provides advice/resources for young people and parents/carers during the pandemic, including for those with eating disorders, OCD and anxiety.	Parents/ carers Young people
Catch it - Learn how to manage feelings like anxiety and depression with Catch It. The app will teach you how to look at problems in a different way, turn negative thoughts into positive ones and improve your mental wellbeing.	Uses Cognitive Behavioural Therapy to help users learn how to manage feelings like anxiety and depression.	Secondary Schools students
Stress & Anxiety companion	Helps users handle stress and anxiety on-the-go. It provides tools like breathing exercises, relaxing music and games. Goals is to help users change negative thoughts to help them better cope with life's ups and downs.	Students
Guidance from the British Psychological Society (BPS) on how to support	This document provides useful information about	Advice for parents

children and young people to manage uncertainty during COVID-19	what can help with anxiety and with making difficult decisions. The document also contains information about what families had said helped them.	
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Bereavement		
(PHE) Bereavement and grief, responding to the challenges of COVID-19 – Video. (PHE) Bereavement and grief, responding to the challenges of COVID 19 - Slides	The webinar focuses on effective support for grief and bereavement during and after the coronavirus (COVID19) outbreak in communities in England:	All adults
Bereavement resource for schools – Created by members of Herts EP service with contributions from colleagues across the system.	Activities and information to support schools in planning for the anticipated need of psychological wellbeing during Covid-19.	Support for staff Support for families Support for children and young people
Survivors of Bereavement by Suicide: National Helpline Monday to Friday: 0300 111 5065 9am – 9pm	A resource to meet the needs and overcome the isolation experienced by people over 18 who have been bereaved by suicide.	For 18+ young adults
a guide for parents, carers and professionals - Created by members of Herts EP service with contributions from colleagues across the system.	Coronavirus bereavement- Helping a child when someone they care about has a serious coronavirus illness or has died.	To help parents and carers support a child after the death of someone special to them. It can also be used by professionals to help them know how they can support bereaved children and families

		they come into contact with. Many of the organisations linked here have advice for professionals too.
Coronavirus Bereavement - a guide for adults – This document has been created to help support you if a loved one has died because of coronavirus, or they have died during the resulting lockdown because of other reasons that also affect the ways that you can mourn and grieve. – Created by members of Herts EP service with contributions from colleagues across the system.	Helping you manage bereavement and grief during the COVID-19 outbreak.	For adults
Coronavirus Bereavement - A guide to helping teenagers grieve and further advice in relation to the Coronavirus situation.	Bereavement	This guide has been written to help teenagers manage the distressing and confusing reactions that happen when someone dies. To be shared with young people as appropriate

Parents/ Carers Information		
Parent support online courses	Talking Families. FREE 6 week course for parents and carers of children aged 0-12 Talking Teens: FREE 6 week course for parents and carers of children aged 12-19 Talking dads: Over 6 weekly sessions for fathers and male carers of children aged 0-19 Understanding behaviour in your child with additional needs: A free 6 week course for parents and carers of children aged 2-19 years with additional need.	Parents/ Carers
Handling Anger in Your Family : Quality, evidence based course providing proven & practical strategies to reduce anger in your family.	Funded by Hertfordshire County Council & free for parents living in Hertfordshire & caring for children from 5 years to 11 years.	For parents
Free training delivered by Harmless *please note that not all trainings are free.	Self harm support	Parents/ carers
National Self Harm Network provides crisis support, information and resources, advice, discussions and distractions. It is a 24/7 fully moderated forum/	Self harm support	For adults
The Anna Freud National Centre for Children and Families - https://www.mentallyhealthyschools.org.uk/media/1960/coronavirus-mental-health-and-wellbeing-resources.pdf	Updated resources supporting schools and families in response to the coronavirus:	Families

Public Health England Guidance for parents and carers on supporting children and young people's mental health and wellbeing during the coronavirus (COVID-19) pandemic	This advice is to help adults with caring responsibilities look after the mental health and wellbeing of children and young people, including those with additional needs and disabilities, during the COVID-19 pandemic.	Parents
The Mental Health Foundation provides useful and sound information about how to look after your mental health during the Coronavirus outbreak	Areas covered: How to look after your mental health if you are working from home, talking to your children about the coronavirus pandemic, random acts of kindness during the pandemic, resources for those living in difficult circumstances during the coronavirus outbreak among other useful information.	Parents
Free 70 day lockdown wellbeing programme for families: https://www.zumos.co.uk/	Free ideas for families to be using to keep their children busy.	Families

Early Years

The Anna Freud National Centre for Children and Families Early Years in Mind resource page. This resource was developed by a network of mental health experts and shares practical and clinical expertise, and advice on using attachment-informed practice	Easy to read and easy to use guidance on supporting the mental health of babies, young children and their families..	Early Years practitioners.
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Body Image and Eating Disorders

British Eating Disorders Society: You can sign up to BREDs (British Eating Disorders) Webpace which a wealth of useful information, support and guidance is being shared. The link to sign up to BREDs is breds.org.uk where you can fill in a form to get login details for the site, which is found at https://breds.workplace.com/work/landing/input/ It looks a lot like Facebook, so it is very easy to navigate. The society has a dedicated East of England Clinical Network group, one of the many you can join.	Eating Disorder	All adults
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BEAT is a national charity organisation supporting adults and youth with eating disorders difficulties. Helpline: 0808 801 0677 Studentline: 0808 801 0811 Youthline: 0808 801 0711	BEAT provides information and helpline support including a variety of supportive options such as support groups and peer support.	Families Young People
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A Whole Schools Approach		
The National Children's Bureau in consultation with the Department for Education have developed the mental health and wellbeing toolkit for primary schools and for Secondary schools and colleges	Both primary and secondary & colleges toolkits are structured by the Whole School Approach principles and gives advice on what can be done for each area to support recovery, provides practical examples and signposts to further advice and support.	Primary schools Secondary schools Colleges
For the Hertfordshire's Whole School & Colleges Approaches information, visit our Healthy Young Mind In Herts kitemark information page here (log in is required to view this page).	Whole-school approaches to mental health relevant documents and information about how to start this process and what is available locally for schools who wish to engage with this process.	Primary schools Secondary schools Colleges
Anna Freud National Centre for Children and Young People published a Sharing Good Practice booklet.	Examples of good practice that schools have shared about how they've responded to the challenges of lockdown.	All schools HT/ DHT MHL/ DMHL
Healthy Young Mind in Herts shared a good practice document based on examples from Hertfordshire schools.	Examples of good practice shared by Herts schools	All schools settings

Yael Leinman: Strategic Lead for Mental Health in Schools, Herts Valleys CCG
Breda O'Neill: Strategic Lead for Mental Health in Schools, East & North Herts CCG
Jen Beer: Health Improvement Lead, Children and Young People, Public Health, HCC
Chloe Robertson-Beckett: Young People's Public Health Officer, Public Health Service, HCC
Kate Stockdale: Wellbeing Adviser – Herts for Learning
Crystal Elkabbas: Senior Educational Psychologist, Educational Psychology Service, Integrated Services for Learning, HCC

Last updated: 3 September 2020