**Emotional Health and Resilience Charter links and resources (July 22)**

[**The Education Hub**](https://dfemedia.blog.gov.uk/2021/02/01/mental-health-resources-for-children-parents-carers-and-school-staff/) **DfE website for Mental Health Resources for children, students, parent/carers and school/college**

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| **Leadership and Management** | |
| **Resource** | **Link** |
| **Promoting children and young people’s emotional health and wellbeing**  A whole school approach. (2015) Public Health England and the Children and Young People’s Mental Health Coalition. | [Promoting children and young people's emotional health and wellbeing](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/1020249/Promoting_children_and_young_people_s_mental_health_and_wellbeing.pdf) |
| **Mental health and behaviour in schools: Departmental advice for school staff.**  This non-statutory advice clarifies the responsibility of the school, outlines what they can do and how to support a child or young person whose behaviour - whether it is disruptive, withdrawn, anxious, depressed or otherwise - may be related to an unmet mental health need. (2016) Department for Education. | [Mental health and behaviour in schools: Departmental advice for school staff.](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/755135/Mental_health_and_behaviour_in_schools__.pdf) |
| **Mental Health of Children in England (2016)**  facts and figures on mental health conditions. Public Health England. | [Mental Health of Children in England](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/575632/Mental_health_of_children_in_England.pdf) |
| **Self Assessment:**  A whole school framework for emotional well being and mental health. | [A self assessment and improvement tool for teachers](https://www.ncb.org.uk/sites/default/files/uploads/documents/Policy_docs/Briefings/NCB School Well Being Framework Leaders Tool FINAL.pdf) |
| **Keeping children and young people safe**  Keeping children safe in education (2020) is statutory guidance for schools and colleges. Department for Education | [Keeping Children and Young People safe in education](https://www.gov.uk/government/publications/keeping-children-safe-in-education) |
| **School bereavement policy**  Information from Cruse | [Cruse](https://www.cruse.org.uk/get-help/for-schools/school-bereavement-policy) |
| **Papyrus**  Information on suicide prevention strategies and policies | [Papyrus - suicide prevention](https://www.papyrus-uk.org/wp-content/uploads/2018/08/toolkitfinal.pdf) |
| **Governors with responsibility for wellbeing –** Governors for Schools  **RSHE and Governors** - National Governance Asociation | [Wellbeing Governors](https://governorsforschools.org.uk/elearning/)  [RSHE and Governors](https://www.nga.org.uk/Knowledge-Centre/Pupil-success-and-wellbeing/Curriculum/PSHE-education.aspx) |
| **Identifying need and monitoring impact** | |
| **Measuring and monitoring**  Measuring children and young people’s mental wellbeing | [Measuring mental health and wellbeing](https://www.annafreud.org/schools-and-colleges/resources/mental-health-toolkit-for-schools/)  [Using measuring tools](https://www.annafreud.org/media/12710/measurement-tools-understanding-needs.pdf)  [Wellbeing Measurement Framework for Schools](https://www.annafreud.org/schools-and-colleges/resources/wellbeing-measurement-framework-for-schools/) |
| **Routes to Inclusion (R2i)**  Assessment tool ffrom Nottingham City services. This provides a supporting framework for the identification, assessment and intervention of children presenting with social, emotional and mental health needs. | [R2i](http://r2i.org.uk/35-2/) |
| **Early Intervention Foundation (EIF)**  Guidebook on evaluated school based interventions | <https://guidebook.eif.org.uk/> |
| **Ethos, culture and environment** | |
| **Building Wellbeing in school**  A guide for teachers from Young Minds about building a culture of positivity and recognising strengths and qualities in ourselves and others | [Building Wellbeing - Young minds](https://youngminds.org.uk/resources/school-resources/10-wellbeing-tips-for-school-staff/) |
| **Bullying:**  Preventing and tackling bullying advice for head teachers, staff and governing bodies. Department for Education (2014)  Preventing and tackling bullying: A comprehensive resource offering steps on how to create a best practice anti-bullying strategy within a school or organisation that works with groups of children and young people.  **Anti Bullying Alliance**: are a coalition of organisations working together to stop bullying and create safer environments in which young people can live, grow, play & learn.  **‘All Together’** anti bullying programme aims to create All Together Schools, that have evidenced their work to reduce bullying and improve the wellbeing of pupils. The programme includes a special focus on bullying of disabled children and those with SEN but aims to reduce bullying of **all** pupils. | [Preventing and tackling bullying](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/623895/Preventing_and_tackling_bullying_advice.pdf)  [Anti-bullying Alliance](http://www.anti-bullyingalliance.org.uk/) |
| **Inclusion:**  Stonewall will support individuals to work out how they can make a difference for **LGBT people** at work, home and in their communities. They equip people with the tools and confidence to connect with, influence and enable others in their communities, by challenging homophobic, biphobic and transphobic bullying, celebrating difference and improving inclusion and visibility of role models.  Challenging homophobic language; Stonewall Education Guide (2007)  **Letter box library:** a leading supplier of multi-cultural gender equality and special issue books for children | [Stonewall/schools](https://www.stonewall.org.uk/schools-colleges)  [Letterbox library](http://www.letterboxlibrary.com/) |
| **The Young Carers in Schools Programme**  A programme run jointly by The Children's Society and Carers Trust. It is a **free** initiative for schools to make it easier for them to support young carers in schools and also awards good practice - there are three levels that a school can achieve. | [Young carers in schools](https://youngcarersinschools.com/) |
| **Challenging stigma and discrimination**  The Time to Change movement works towards changing attitudes towards mental illness | [Time to change](https://www.time-to-change.org.uk/) |
| **Student Voice** | |
| **Mentally Healthy Schools – Pupil Voice**  What is it, why is it important and what does it look like in practice? Also including top tips. | [Mentally Health Schools - Pupil Voice](https://www.mentallyhealthyschools.org.uk/whole-school-approach/pupil-voice/) |
| P**eer Support Programme**  Anna Freud Centre | [Peer Support Programme](https://www.annafreud.org/schools-and-colleges/peer-support/) |
| **British Council**  Top tips for engaging the student voice | [British Council and student voice](https://www.britishcouncil.org/education/skills-employability/tool-resources/vocational-education-exchange/student-voice/top-tips-engaging-student-voice) |
| **Curriculum, teaching and learning** | |
| **Programme of Study for PSHE Education** (**KS1 -5)** updated 2020. This document identifies the key concepts, skills and attributes that should be taught through PSHE education to enable children and young people to live physically and emotionally healthy lives. | [Programme of Study - PSHE Association](https://www.pshe-association.org.uk/curriculum-and-resources/resources/programme-study-pshe-education-key-stages-1%E2%80%935) |
| **PSHE guidance and lessons plans for Primary and Secondary schools on preparing to teach about mental health and emotional wellbeing**. Topics including teaching children how to describe emotions, talk about anxiety and worries, and develop coping strategies. Lessons aimed at key stages 3 and 4 also cover eating disorders, self-harm and depression and anxiety. https://pshe-association.org.uk/guidance/ks1-4/mental-health-guidance | [Guidance on teaching mental health](https://pshe-association.org.uk/guidance/ks1-4/mental-health-guidance) |
| **Mentally Health Schools website** brings together quality-assured information, advice and resources to help primary schools understand and promote children’s mental health and wellbeing. Our aim is to increase staff awareness, knowledge and confidence to help you support your pupils. | [Mentally Health Schools - Primary Resources](https://www.mentallyhealthyschools.org.uk/resources/) |
| **Talking Mental Health Toolkit (Primary)**  This "Talking Mental Health" animation aimed at primary school pupils, was developed in collaboration with children. It includes a Teacher Toolkit for school staff to use alongside the animation including:   * A lesson plan * An Assembly PowerPoint * An accompanying Assembly Plan * Tips for talking for parents and carers booklet * Various resources and classroom exercises | [Talking Mental Health Toolkit](https://www.annafreud.org/schools-and-colleges/resources/talking-mental-health-animation-teacher-toolkit/) |
| * **Social and Emotional Aspects of Learning (SEAL)** * This is a curriculum resource for primary schools and secondary schools * **Social and Emotional Aspects of development (SEAD)** Guidance for practitioners working in the EYFS-foundation years. This programme helps support children in early years develop social and emotional skills. These are the building blocks to learning, behaviour, wellbeing and attendance. | [SEAL Resources](https://webarchive.nationalarchives.gov.uk/20110812101121/http://nsonline.org.uk/node/87009)  [SEAD Resources](https://webarchive.nationalarchives.gov.uk/20110811042550/http://teachingandlearningresources.org.uk/collection/24946) |
| **We All Have Mental Health: Animation & Teacher Toolkit (Secondary)**  Animation and materials aimed at Key stage 3 secondary school pupils (Years 7 - 9) and developed in collaboration with young people, teachers and mental health experts. The animation aims to give young people of this age:   * Consistent and accessible language to talk about mental health * A better understanding of mental health self-care * To know who to ask for support when it is needed | [We all have Mental Health Toolkit - secondary](https://www.annafreud.org/schools-and-colleges/resources/we-all-have-mental-health-animation-teacher-toolkit/) |
| **Bouncebackability -** Lessons on resilience from The Beano for KS1 and KS2 | [Bouncebackability Lessons](https://schools.beano.com/lesson_plan_category/bouncebackability/) |
| **Children’s mental health week** resources from Place2Be | [Children's Mental Health Week](https://www.childrensmentalhealthweek.org.uk/schools-and-youth-groups/) |
| **Young Minds In School** provide resources to support teaching about a variety of aspects of emotional wellbeing, including video clips, books and research related to a wide range of topics. | [Young minds](https://youngminds.org.uk/youngminds-professionals/) |
| **Rise Above**  Rise Above helps 11-16 year olds build emotional resilience by equipping them with knowledge and skills to deal with pressures they may face. It also provides an online platform through which young people can converse with peers alongside professional support. | [Rise Above](http://riseabove.org.uk/) |
| **Assessing learning in the mental health curriculum –** PSHE association | [Assessment in PSHE](https://www.egfl.org.uk/sites/default/files/School_effectiveness/Health-improvement/PSHE/Assessment%20in%20PSHE%20Putting%20it%20into%20Practice.pdf)  [PSHE Association - Assessment KS1-4](https://www.pshe-association.org.uk/curriculum-and-resources/resources/guides-assessment-pshe-education-ks1-4) |
| DEAL: developing emotional awareness and listening - lessons from the Samaritans | [Samaritans -DEAL Resource](https://www.samaritans.org/how-we-can-help/schools/deal/) |
| **Connecting with Nature to help our wellbeing –** World Wildlife Fund | [Connecting with nature to help our wellbeing](https://www.wwf.org.uk/5-ways-connect-nature-help-our-wellbeing) |
| **Public Health England lesson plans** for year 6 and KS3 and KS4 on mental wellbeing | [PHE Mental Wellbeing Resources](https://campaignresources.phe.gov.uk/schools/topics/mental-wellbeing/overview) |
| **Staff development, health and wellbeing** | |
| **DfE Staff Wellbeing Charter** | [Staff Wellbeing Charter](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/984134/Education_staff_wellbeing_charter_2021.pdf) |
| **Nottingham Schools Website**  Support documents for the Emotional Helth and Wellbeing Charter are available to download | [Nottingham schools - Emotional Health and wellbeing](http://www.nottinghamschools.org.uk/teaching-and-learning-support/emotional-health-and-wellbeing/) |
| **Youth Mental Health First Aid- online**Raising Awareness course- half day  and 2 day full course are run by MHFA England and also Nottingham City Council Workforce Development team | <https://mhfaengland.org/> |
| **Anna Freud Centre**  M**easuring staff wellbeing** a toolkit including a survey and a step by step guide towards supporting staff wellbeing  **Supporting Staff Wellbeing in Schools** is a booklet that has been developed with 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. Topics featured include "What can impact or support staff wellbeing? What can Supervision look like in schools? and How can senior leaders prioritise wellbeing? | [Measuring Staff Wellbeing](https://www.corc.uk.net/media/2565/wmfs-staff-survey-brochure-a5-final.pdf)  [Supporting Staff Wellbeing](https://www.annafreud.org/schools-and-colleges/resources/supporting-staff-wellbeing-in-schools/)  [Ten steps towards staff wellbeing](https://www.annafreud.org/media/11368/school-staff-wellbeing-report-final-updated-april2020.pdf)  [support poster](https://www.annafreud.org/media/12407/signposting-poster-staff-v3.pdf) |
| **Mentally Healthy Schools – Staff Wellbeing**  **T**his website includes guidance on supporting staff wellbeing as part of a whole school approach to mental health and emotional wellbeing | [supporting staff wellbeing](https://mentallyhealthyschools.org.uk/whole-school-approach/supporting-staff-wellbeing/) |
| **Education Talking Toolkit**  A toolkit that supports the prevention of work-related stress for staff in schools | [Education Talking toolkit](https://www.hse.gov.uk/gohomehealthy/assets/docs/EducationTalkingToolkit.pdf) |
| **Ofsted document**  Guidance document covering teacher wellbeing at work | [Teacher wellbeing at work](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/936253/Teacher_well-being_report_110719F.pdf) |
| **Education Support Partnership**  **Free helpline for teachers 08000562561**  The UK’s only charity providing mental health and wellbeing support services to all education staff and organisations. | [Education Support](https://www.educationsupport.org.uk/)  [Education support factsheet on stress](https://www.educationsupport.org.uk/resources/factsheets/abc-model-help-manage-stress) |
| **Headspace for Educators** | [Headspace for Educators](https://www.headspace.com/educators) |
| **Schools in Mind website (Anna Freud Centre)**  Schools in Mind is a free network for school staff and allied professionals which shares practical, academic and clinical expertise regarding the wellbeing and mental health issues that affect schools.  The network provides a trusted source of up-to-date and accessible information and resources that school leaders, teachers and support staff can use to support the mental health and wellbeing of the children and young people in their care. The website includes short videos about a range of mental health difficulties that can complement staff training. It is easy to sign up to the network, it is free and the resources are of a high quality. | [Schools in Mind](https://www.annafreud.org/schools-and-colleges/schools-in-mind/)  [Advice and guidance videos](https://www.annafreud.org/schools-and-colleges/expert-advice-and-guidance-videos/) |
| * **TES** - **An exploration of mental illness in primary schools**. * This training programme looks at the common emotional and * behavioural issues that affect primary schools and how * teachers can spot the warning signs. | [Types of mental illness](https://www.tes.com/teaching-resource/teachers-tv-primary-mental-health-need-to-know-6045662) |
| **Mental Health Foundation**  The UK’s charity for everyone’s mental health. With prevention at the heart of what it does the aim of the Foundation is to find and address the sources of mental health problems. The website has useful publications and resources. | [Mental Health Foundation](https://www.mentalhealth.org.uk/) |
| **Mind**  Information and advice on a range of mental health topic. See Mental Health **A-Z** for details | [Mind](https://www.mind.org.uk/) |
| **NHS Choices Mental Health**  Links to information about a variety of mental health topics | [Nhs Choices](https://www.nhs.uk/conditions/stress-anxiety-depression/)  [5 steps to wellbeing](https://www.nhs.uk/conditions/stress-anxiety-depression/improve-mental-wellbeing/) |
| **Understanding Young Minds – free online course**This online course, ‘Talking to your children about emotional resilience and self-harm’, has been designed to provide you with a basic awareness of the subject to help you approach your children with confidence about the issue. | [Understanding Young Minds](https://www.virtual-college.co.uk/courses/safeguarding/understanding-young-minds) |
| **CAMHS**  Information about targeted services can be found on the Ask Lion website | [Targeted CAMHS services](https://www.asklion.co.uk/kb5/nottingham/directory/service.page?id=bC51tattYpk) |
| **Mental Health Support Teams**  Information about the teams in Nottingham City | [Mental Health Support Teams](https://www.asklion.co.uk/kb5/nottingham/directory/advice.page?id=BMayDi93L1U) |
| **WR4E**  The Wellbeing Return for Education project supports education staff in promoting the mental wellbeing and resilience of pupils, staff and parents/carers in light of COVID-19 and lockdown | [WR4E](http://www.nottinghamschools.org.uk/teaching-and-learning-support/wellbeing-return-4-education/) |
| **Support** | |
| **Bereavement: Childhood bereavement network**Childhood bereavement network offers resources to help schools deal with a bereavement within the school  **Rainbows bereavement support Great Britain**  A national charity which provides bereavement training and support  **Winston’s Wish** - believes in a society in which every child can get the help they need when someone close to them dies. With the right support at the right time, a child can face the future with confidence and hope.  **Traumatic Bereavement Guidance** from the UK Trauma Council | [Child Bereavement network](http://www.childhoodbereavementnetwork.org.uk/?gclid=CjwKCAiAxKv_BRBdEiwAyd40N2htN1jfnaENTVWFfRQaDdmt8IpOXZ3FySMpiYOuUwl82407dc-U6RoC)  [Rainbows bereavement network](https://rainbowtrust.org.uk/latest-news/how-do-we-help-children-open-up-to-grief?gclid=CjwKCAiAxKv_BRBdEiwAyd40NwMq6tsFtvd7WVoeVWgVs6y3nwB00vfSGtQ-5ci0NwdQRIDD9JbYSBoCJwQQAvD_BwE)  [Winston's Wish](http://www.winstonswish.org.uk/)  [Traumatic Bereavement](https://uktraumacouncil.org/resources/traumatic-bereavement-for-school-communities) |
| **Supporting Mental Health and Wellbeing in Schools**  The Anna Freud National Centre for Children and Families has produced a booklet for primary and secondary schools to support all staff working in school settings to understand how best to help children and young people in their care. | [Support for Young People](https://www.annafreud.org/coronavirus-support/support-for-young-people/) |
| **Managing your anxiety - Childline**  Some practical ways to help young people to manage anxiety. | [Childline - anxiety](https://www.childline.org.uk/info-advice/your-feelings/anxiety-stress-panic/anxiety/) |
| **Peer Support**  Guidance on training and resources to help schools develop a peer mentoring programme to support the mental health and wellbeing of the children and young people in their setting. | [Peer Support Programme](https://www.annafreud.org/schools-and-colleges/peer-support/) |
| **Working with parents/carers** | |
| **Anna Freud Centre for Children and Families**  A booklet outlining a whole school approach to supporting schools engage with parents and carers | [Engaging parents and carers](https://www.annafreud.org/media/9165/supporting-schools-to-engage-with-all-parents-and-carers-booklet.pdf)  [multi-family groups in school](https://www.annafreud.org/media/12413/multi-family-groups-in-schools.pdf) |
| **Mentally Health Schools**  Information to support the engagement of parents and carers in a primary school | [parent/carer engagement](https://www.mentallyhealthyschools.org.uk/whole-school-approach/parentcarer-engagement/) |
| **MindEd for Families**  Online advice and information from trusted sources and will help families to understand and identify early issues and how to best support children. Department of Education and Health Education England. | [Minded for families](https://mindedforfamilies.org.uk/) |
| **Talking about difficult topics**  Advice for parents from the NSPCC | [Talking about difficult topics](https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/talking-about-difficult-topics/) |
| **Exam Stress**  The Childline website provides tips to help young people with stress, no matter what’s causing it. | [Exam stress](https://www.childline.org.uk/info-advice/school-college-and-work/school-college/exam-stress/) |