

Support for students and parents

Dear Parents and Carers, please find below a number of links that you or your child might find useful in dealing with any mental health issues that may have developed due to the current pandemic or has been an ongoing issue.

Following a recent student survey asking about their mental health and what support they would like to receive to support them we are reviewing our current provision and putting new strategies in place.

Support for parents

<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>

<https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing/guidance-for-parents-and-carers-on-supporting-children-and-young-peoples-mental-health-and-wellbeing-during-the-coronavirus-covid-19-outbreak>

<https://www.mentalhealth.org.uk/coronavirus/parenting-during-coronavirus-outbreak>

<https://www.refuge.org.uk/our-work/our-services/refuge-warwickshire-domestic-violence-service/>

<https://youngminds.org.uk/find-help/for-parents/>

Book - 'Helping Your child with Fears and Worries' by Professor Cathy Creswell

Student Mental health

Websites

<https://www.nhs.uk/oneyou/every-mind-matters/anxiety/>

<https://www.kooth.com/>

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

<https://riseabove.org.uk/topic/my-mind/>

<https://youngminds.org.uk/find-help/looking-after-yourself/coronavirus-and-mental-health/>

<https://www.childrenssociety.org.uk/information/young-people/well-being>

<https://mentalhealth.org.uk/coronavirus/random-acts-kindness>

<https://www.mind.org.uk/information-support/for-children-and-young-people/>

<https://mentalhealth.org.uk/coronavirus/staying-at-home>

<https://www.rcpsych.ac.uk/mental-health/parents-and-young-people>

<https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-anxiety-tips/>

<https://www.childline.org.uk/info-advice/your-feelings/anxiety-stress-panic/worries-about-the-world/coronavirus/>

Recommended self help books - <https://www.warwickshire.gov.uk/sorted>

Apps

- [SAM: Self-help for Anxiety Management](#)
- [Well Mind](#)
- [Daylio](#)
- [NHS apps](#)
- [Headspace](#)

Support for anger management

<https://www.nhs.uk/conditions/stress-anxiety-depression/teen-aggression-and-arguments/>

Autism and Coronavirus

<https://www.autism.org.uk/services/helplines/coronavirus.aspx>

<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#people-with-autism>

ADHD and Coronavirus

<https://mailchi.mp/d99ba2ede5f6/adhdstrengthsneededmorethenever>

<https://www.additudemag.com/category/parenting-adhd-kids/>

Compass Health and Wellbeing Service (school nurse service)

<https://www.compass-uk.org/services/warwickshire-school-health-wellbeing-service/>

Counselling

<http://www.relatecoventry.org/services/young->

<https://www.bacp.co.uk/>

<https://springfieldmind.org.uk/services/moodmaster> - offering support via Zoom

<https://www.kooth.com/>

<https://www.giveusashout.org/get-help/> - crisis support via text

Mentoring

Sam Metcalfe our school Youth Worker from the Warwickshire Youth Service is available via e-mail to offer her support to students. In line with the school safeguarding policy Students should use their school or a parent e-mail to communicate with her. She can be contacted at sammetcalfe@thekenilworthcentre.com

<https://www.youcanflourish.co.uk/> (girls only support, they are now offering online mentoring, parents can refer).

Bereavement

<http://www.childhoodbereavementnetwork.org.uk/help-around-a-death/covid-19.aspx>

<https://www.guysgift.co.uk/>

