



Healthy Schools Partnership  
London Borough of Southwark

The organisations below provide resources for schools and pupils about mental health and wellbeing

<b>Mental Health Foundation</b>	A range of content designed to give you more information about mental health and to help you to look after your mental health.	<a href="https://mentalhealth.org.uk/your-mental-health">https://mentalhealth.org.uk/your-mental-health</a>
<b>Childline</b>	Childline has created a webpage with information for children and young people about coronavirus. The page includes information about: what coronavirus is, where children and young people can find help if they are worried, coping if they are staying at home and what to do if they are feeling unwell.	<a href="https://www.childline.org.uk/info-advice/your-feelings/anxiety-stress-panic/worries-about-the-world/coronavirus/">https://www.childline.org.uk/info-advice/your-feelings/anxiety-stress-panic/worries-about-the-world/coronavirus/</a>
<b>Young Minds</b>	Children and young people's mental health charity, Young Minds, has produced a blog "what to do if you're anxious about coronavirus:	<a href="https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/">https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/</a>
<b>Anna Freud Centre</b>	The Anna Freud Centre's website has self care resources and ideas in their "On My Mind" section	<a href="https://www.annafreud.org/on-my-mind/self-care/">https://www.annafreud.org/on-my-mind/self-care/</a>
<b>Kooth</b>	Offers safe and anonymous online support for young people's mental health	<a href="http://www.kooth.com">www.kooth.com</a>

<b>Stop, Breathe and Think</b>	Phone, tablet or web app to support mindfulness	<a href="https://www.stopbreathethink.com/kids/">https://www.stopbreathethink.com/kids/</a>
 <b>START SOMETHING</b>	Offering a Coronavirus Support Hub One-to-one support, advice and guidance so young people can continue to develop confidence and upskill.	<a href="https://www.princes-trust.org.uk/help-for-young-people">https://www.princes-trust.org.uk/help-for-young-people</a>  <b>0800 842 842</b>
	The NHS also has a handy list of Apps you can access for support with wellbeing and mental health.  Every Mind Matters website	<a href="https://www.nhs.uk/apps-library/category/mental-health/">https://www.nhs.uk/apps-library/category/mental-health/</a>  <a href="https://www.nhs.uk/oneyou/every-mind-matters/">https://www.nhs.uk/oneyou/every-mind-matters/</a>
<b>HOPELINEUK</b>	A specialist telephone service for support, practical advice and information to young people up to the age of 35 who are worried about how they are feeling or anyone who is concerned about a young person. Available Anytime (24/7)	call 0800 068 41 41 or text 0778 620 9697

**Thank you to Healthy Schools Leads across other London LAs in contributing to this information guide.**