

### Wellbeing Resources

- [www.headspace.com](http://www.headspace.com)
- [www.nhs.uk/oneyou/everymindmatters](http://www.nhs.uk/oneyou/everymindmatters)
- [www.kooth.com](http://www.kooth.com)

### Safeguarding Advice

We are aware that whilst you are not attending school this may mean that you feel alone and have nobody to talk to. This isn't the case, we are still available via email/Teams along with several other support services below:

<b>CAMHS SHARP (Self Harm support)</b>	Tel: 0115 876 4000
<b>Childline (To report if you or another child are in danger)</b>	Tel: 0800 1111
<b>Children and Families Direct (To report if you or another child are in danger)</b>	Tel: 0115 876 4800
<b>Kooth (Online Counselling service)</b>	Kooth.com
<b>Shout (Text message Counselling service)</b>	Tel: 85258 giveusashout.org
<b>School Health (General Physical Health, Sexual health advice)</b>	Tel: 0115 883 970

### Useful Videos

- We all have Mental Health: <https://youtu.be/DxIDKZH3-E>
  - We All Have Mental Health is an animation designed to give young people aged 11-14 a common language and understanding of what we mean by mental health and how we can look after it. It has been created for young people in Key stage 3 and can be used with accompanying teaching resources.
- Managing stress BBC Brainsmart: <https://youtu.be/hnpQrMqDogE>
  - Stress is all too natural. But here are some tips for keeping it under control. **Brainsmart website:** <http://www.bbc.co.uk/scotland/brainsmart>
- Sleep: A Bedtime Story: <https://youtu.be/2fbaoqkY0Qk>
  - This is a **#bedtime** ritual you may follow every night, if you wish. It walks you through preparing for **#sleep**. This video will give you tips on how to calm down before bedtime and hopefully relax your mind and get you into a sleepy groove!
  - It's best to view this on a tablet or mobile phone that you can put aside easily. You may stop and start the video at any time. In case you fall asleep, keep the volume low and turn autoplay to off.
  - *This video is provided for general information only. It does not replace a diagnosis or medical advice from a healthcare professional.*
- Resilience but what is it? 5 ways to build resilience: <https://youtu.be/1FDyiUEn8Vw>

- We all face challenges, and we all find ways to overcome them. Resilience is ordinary not extraordinary. We all have it to larger or smaller degrees. We want to help build awareness of this and support young people's capacity to do positive and realistic things to support themselves. So, push yourself, set new goals, overcome a hurdle. #ThisIsResilience
- Just Breathe: <https://youtu.be/RVA2N6tX2cg>
  - "Just Breathe" features kids speaking candidly about anger and how they cope - something for all ages to ponder... With a running time of a whopping 3 1/2 minutes, "Just Breathe" is the quickest lesson on mindful meditation you'll ever get, by the youngest teachers you'll ever have.