

Mental Wellbeing Support & Information –Essex

Urgent/Crisis Support

EWMHS

Crisis Support Service for Young People

Parents/carers and young people can raise concerns with the Single Point of Access team.

Telephone: 0300 300 1600 (9am to 5pm).

Out of hours (urgent support) - outside normal working hours telephone: 0300 555 1201

Samaritans

"...It's ok to talk..." campaign

www.samaritans.org.uk

Tel No: 116 123

Childline

0800 1111

Essex Mental Health Services

EPUT – Essex Partnership University Foundation Trust

www.eput.nhs.uk

Information and Resources

CHAT Health – Essex Child & Family Wellbeing Service

School Nurse Text service for Young People 11- 19 years

MID ESSEX 07520 615731

Emotional Health, Self-harm, Smoking, Relationships, Healthy eating, Alcohol, Bullying & Drugs.

NHS Choices

Mental Health – Range of links to services and resources.

www.nhs.uk

Kooth - Xenzone

XenZone is a provider of online mental health services for children, young people and adults. Kooth, from XenZone, is an online counselling and emotional well-being platform for children and young people, accessible through mobile, tablet and desktop and free at the point of use.

www.kooth.com






PSHE Association

www.pshe-association.org.uk

Email: info@pshe-association.org.uk

Tel No: 020 79222 7950




Available resources:

-  Mental Health & Emotional Wellbeing power point & Lesson Plan (Membership only)
-  Mental Health & Emotional Wellbeing Lesson Plans (Free)
-  Guidance on teaching about Mental Health & Wellbeing (Free)
-  Ground rules for teaching about MH & W (Free)
-  Mental Health Teaching checklist (Membership)

CORC – Child Outcomes Research Consortium

www.corc.uk.net

Available Resources:

-  Information Hub
-  Mental Health and Wellbeing toolkit for schools
-  Range of resources available

Anna Freud National Centre for Children & Families

www.annafreud.org

www.annafreud.org/services-schools/schools-in-mind

www.youthwellbeing.co.uk - Directory of services of support in your local area

Mentally Healthy Schools

www.mentallyhealthyschools.org.uk

Childline Toolbox

www.childline.org.uk/toolbox



Range of games, handouts and resources to support mental wellbeing for children

Young Minds

Support Parents, Children & Young People, Professionals & Schools

www.youngminds.org.uk

Tel no: 020 7089 5050

Young Minds 360° Schools - focuses on three key areas: Support your whole school improvement. You will be supported to take a whole school approach and ensure your school achieves best practice in wellbeing and resilience. We're here for professionals. We support pupils, parents and the wider school community.

Rethink Mental Illness

www.rethink.org

General Enquiries: 0121 522 7007

Advice – 0300 500 0927

Mental Health Training – 0207 840 3069

NSPCC (NSPCC –Learning)

Exploring Emotions and Relationships with Young People with SEND (Blog)
Teaching Resources and Teacher Training available

MENCAP

www.mencap.org.uk

Learning Disability Helpline – 0808 808 1111

MHFA England – Mental Health First Aid

www.mhfaengland.org

Mental Health First Aid Training

Mindfresh –NELFT

www.mindfresh.nelft.nhs.uk

Offers digital resources via website and app

ESCB – Essex Safeguarding Children Board

ECSB – Emotional Wellbeing & Mental Health

Information portal is designed to support schools in finding online material and content in supporting children and young people in educational settings.

The Big White Wall

Big White Wall (BWW) is a digital mental health support service which is available online, 24/7, and is completely anonymous so you can express yourself freely and openly.

Professionally trained Wall Guides monitor the community to ensure the safety and anonymity of all members. In addition to BWW's online community, you will have access to a wealth of useful information and can work through tailored self-help programmes covering topics such as anxiety, sleep, weight management, depression and many more.

www.bigwhitewall.com

SANE

SANE is a leading UK mental health charity. They work to improve the quality of life for anyone affected by mental illness.

www.sane.org.uk

SANEline

0300 304 7000

MIND

Provide advice and support to empower anyone experiencing a mental health problem. We campaign to improve services, raise awareness and promote understanding.

www.mind.org

Tel No: 0300 123 3393

Sesame Street in Communities






You'll find hundreds of bilingual multi-media tools to help kids and families enrich and expand their knowledge during the early years of birth through six, a critical window for brain development. Our resources engage kids and adults in everyday moments and daily routines—from teaching early math and literacy concepts, to encouraging families to eat nutritious foods, to serious topics such as divorce and food insecurity.

Sesame Street in Communities builds on our almost 50-year commitment to addressing kids' developmental, physical, and emotional needs. Our time-tested research model and thorough testing with families and providers ensures that these resources have a measurable impact in the lives of parents and children.








Range of resources available online to support mental wellbeing and overcoming trauma.

www.sesamestreetincommunities.org

APPS – To support Mental Wellbeing

-  Headspace app
-  Mindshift app
-  Calm Harm app
-  Clear Fear app
-  The Mee Two app

DOE – Department of Education & Public Health England – Documents/Guidance

-  Developing character skills in schools
(Department of Education: Updated 18th Jan 2018)
-  Promoting children and young people's emotional health and wellbeing
(Public Health England: 20th March 2015)
-  Mental health and wellbeing provision in schools
(Department of Education: 11 October 2018)
-  Mental health and behaviour in schools
(Department of Education: Updated 12th November 2018)
-  Counselling in schools
(Department of Education: Updated 17th February 2016)
-  Future in Mind: Promoting, protecting and improving young people's mental health and wellbeing
(Department of Health & Social Care: 17th March 2015)
-  Supporting Mental Health in Schools & Colleges
(Department of Education: Updated 8th May 2018)