

**Please find below a range of websites suggested by the DFE that you may wish to utilise to support you and your child's mental health and well-being.**

- [SafeSpot](#) is an iPhone and Android app that promotes positive mental wellbeing in children and young people and has been designed to help children and young people with their coping skills.
- [MindEd's](#) advice and resources for families on supporting children's mental health.
- [BBC's wellbeing resources](#) for families.
- [Young Minds: a letter about how I'm feeling](#): worksheet to help pupils express their feelings and understand what may have triggered them. For use with pupils in school or at home.
- [Mentally Healthy Schools](#): tools to support an emotional check-in with pupils.
- [Mentally Healthy Schools](#): an anxiety thermometer as a wellbeing measurement tool.
- [Mental Health at Work](#): Supporting Educators' Mental Health including during the pandemic. Round-the-clock one-to-one support by call or text from trained volunteers, plus resources, tips and ideas to look after your mental health.
- [NHS](#): Mental Health Helplines for Urgent Help - NHS 24-hour advice and support for you, your child, your parent or someone you care for. Help is available to speak to a mental health professional.
- [NHS IAPT](#): free online NHS adult psychological therapies, such as cognitive behavioural therapy (CBT), for common problems involving stress, anxiety and depression. IAPT services can be accessed either through a self-referral by contacting your [Local IAPT](#) or via your GP.
- [Cruse Bereavement Care](#): Coronavirus, Bereavement and Grief online information, advice and support. Helpline: 0808 808 1677
- [MindEd](#): Coronavirus Staff Resilience Hub for frontline staff
- [Headspace](#): Headspace for Educators offers educators access to free mindfulness and meditation exercises and resources for every age group, and a free Headspace Meditation App.
- [Centre for Mental Health](#): Supporting Mental Health during Covid-19: a brief guide
- [Public Health England Every Mind Matters](#): Looking After Your Mental Health Resources aims to support everyone to feel more confident in taking action to look after their mental health and wellbeing by promoting a range of self-care actions.
- [Public Health England](#): Every Mind Matters Self-Care Tool when you complete the 5 'Survey' questions, a 'Mind Plan' is generated, with signposting options to many useful resources.
- [Young Minds](#): 10 Wellbeing Tips for School Staff