February 2021 Lockdown Helplines and Websites

Sir Francis Hill

'Here to Help'

During last weeks 'Children's Mental Health week' we saw some amazing activities, heard wonderful discussions and watched our bubbles use creativity to express themselves. Positive Mental Health for children is vital for our children to have a more resilient and healthier future, and we will continue to promote a positive children's mental health at Sir Francis Hill.

If you have any concerns, worries or would like support regarding Mental Health please make contact with The Inclusion Team, or see our school website: https://www.sir-francis-hill.lincs.sch.uk/national-lockdown-2021/

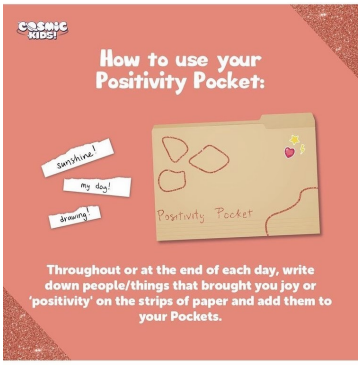
(Miss Bibby, Mrs Dennis, Mrs Kay and Mrs Revill).

01522 520359 or admin@sir-francis-hill.lincs.sch.uk













Managing your own wellbeing as a parent during lockdown.

Remember, as a parent, you need to prioritise your own health needs so that you are better able to manage your own emotional well being, and therefore support your child's.

- **Be realistic and kind to yourself,**
- **Notice what's on your mind**
- **Connect with other parents**
- **Create routine**
- **Reach out when needed**



Mental Health and Emotional Support Line

Lincolnshire has a new confidential helpline to provide emotional support and guidance for anyone feeling low, stressed or anxious. You won't be judged, so if you need to talk, call anytime of the day or night: Telephone: 0800 0014331

Useful Websites:

These resources are dedicated to children's general mental health and wellbeing, with a particular focus on mindfulness with developing coping skills in young people.

Place2Be has a host of mental health resources available. They organise Children's Mental Health Week every year. https://www.childrensmentalhealthweek.org.uk/schools-and-youth-groups/

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. https://mindedforfamilies.org.uk/young-people/

BBC's wellbeing resources for families. https://www.bbc.co.uk/bitesize/articles/znsmxyc

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. https://youngminds.org.uk/media/3822/how-i-m-feeling-worksheet.pdf

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. https://www.nhs.uk/service-search/mental-health/find-an-urgent-mental-health-helpline

Cruse Bereavement Care: Coronavirus, Bereavement and Grief online information, advice and support. Helpline: 0808 808 1677 https://www.cruse.org.uk/get-help/coronavirus-bereavement-and-grief

Centre for Mental Health: Supporting Mental Health during Covid-19: a brief guide. https://www.centreformentalhealth.org.uk/sites/default/files/2020-07/CentreforMentalHealth_Covid_MH_resource.pdf

