

## Mental Health Awareness

General resources to support mental health & wellbeing (to use with children)

<https://www.bbc.co.uk/teach/teach/childrens-mental-health-week-2019/zk37bdm>

<https://www.time-to-change.org.uk/get-involved/get-involved-schools/school-resources>

<https://www.bbc.co.uk/bitesize/articles/zh9v382>

Resources to support mental health during lockdown

<https://www.mind.org.uk/information-support/coronavirus/>

<https://www.rethink.org/advice-and-information/covid-19-support/>

<https://youngminds.org.uk/find-help/for-parents/supporting-your-child-during-the-coronavirus-pandemic/>

<https://www.childrensociety.org.uk/coronavirus-information-and-support>

<https://www.nspcc.org.uk/keeping-children-safe/coronavirus-advice-support-children-families-parents/>

Mental Health Helplines

<https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/>

<https://www.forwardthinkingbirmingham.org.uk/services/13-pause>

Mental Health Awareness Week Theme – Kindness

To others

<https://drive.google.com/file/d/1Wbf-VHGZYRatKG0Hyt6GB-T2BZBJ7yO/view>

[https://drive.google.com/file/d/1vzV7YHEfxMvRY-kpnxBL-RXq\\_GaFr7Yz/view](https://drive.google.com/file/d/1vzV7YHEfxMvRY-kpnxBL-RXq_GaFr7Yz/view)

<https://www.mentalhealth.org.uk/coronavirus/random-acts-kindness>

<https://www.redcross.org.uk/get-involved/teaching-resources/kindness-calendar>

<https://biglifejournal-uk.co.uk/blogs/blog/kindness-books-activities-children>

<https://www.coramlifeeducation.org.uk/SCARF-home-learning-plans-set-3>

To yourself

<https://www.twinkl.co.uk/resource/t2-p-445-being-kind-to-yourself-activity-sheet>

<https://www.scouts.org.uk/news/2019/november/how-to-be-kind-to-yourself/>