

## Appendix 2

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### Support for pupils and parents in relation to mental and emotional wellbeing

#### Support to discuss COV-19 with children and young people

NSPCC guide to coronavirus and supporting tools if children and young people are worried:  
[www.childline.org.uk/info-advice/your-feelings/anxiety-stress-panic/worries-about-the-world/coronavirus](http://www.childline.org.uk/info-advice/your-feelings/anxiety-stress-panic/worries-about-the-world/coronavirus)

Children's Commissioner's guide to coronavirus for children and young people:  
[www.childrenscommissioner.gov.uk/publication/childrens-guide-to-coronavirus](http://www.childrenscommissioner.gov.uk/publication/childrens-guide-to-coronavirus)

#### Children and Parents

*Recovery College Online* [www.recoverycollegeonline.co.uk](http://www.recoverycollegeonline.co.uk) provides a range of online information to people who might be struggling with mental health issues. There is a section for under 12 [www.recoverycollegeonline.co.uk/young-people/for-children](http://www.recoverycollegeonline.co.uk/young-people/for-children) and parents and carers [www.recoverycollegeonline.co.uk/young-people/for-parents-and-carers](http://www.recoverycollegeonline.co.uk/young-people/for-parents-and-carers).

Key stage 2 pupils may benefit from a NHS-suggested apps to support mental health. This would need a parent / carer approval: [www.nhs.uk/apps-library/category/mental-health](http://www.nhs.uk/apps-library/category/mental-health).

#### The Go To Website, for 11 years upwards

<https://www.thegoto.org.uk> is a North Yorkshire-specific website that signposts young people, families and professionals to the right information and services available for mental health and wellbeing across North Yorkshire. The website has been developed in conjunction with young people, professionals and parents and carers.

#### NHS apps

The NHS has a range of suggested apps to support mental health. Key stage 2 pupils may benefit from these but they would need a parent / carer approval: [www.nhs.uk/apps-library/category/mental-health](http://www.nhs.uk/apps-library/category/mental-health).

#### Support for Children

*Compass Buzz* offers a confidential text messaging service to young people aged 11-18 across North Yorkshire. By texting the service on 07520 631168, the young person will be able to receive confidential advice, support and signposting from a wellbeing worker via text, within one working day.

Professionals can still send referrals to Compass Buzz, at [SchoolMentalHealthProject@compass-uk.org](mailto:SchoolMentalHealthProject@compass-uk.org).

*Kooth* provides an online counselling service, offering free, safe and anonymous online support for children and young people, at [kooth.com](http://kooth.com).

*Childline* has the calm zone [www.childline.org.uk/toolbox/calm-zone](http://www.childline.org.uk/toolbox/calm-zone) which provides a toolbox of ideas to help when dealing with strong emotions.

*Childline* [www.childline.org.uk](http://www.childline.org.uk) also provides a range of information and support on a number of issues. This includes support on cyberbullying: [www.childline.org.uk/info-advice/bullying-abuse-safety/types-bullying/bullying-cyberbullying](http://www.childline.org.uk/info-advice/bullying-abuse-safety/types-bullying/bullying-cyberbullying).

### Physical activity

It is important to remain physically active; the recommendation for children and young people aged 5-18 is to aim for an average of at least 60 minutes of moderate-intensity physical activity a day.

*Sport England* have produced a 'Stay in, work out' section on their website which focuses on tips, advice and guidance on how to keep or get active in and around your home, for all age groups: [www.sportengland.org/stayinworkout](http://www.sportengland.org/stayinworkout).

### Parents

The government have released some specific guidance for parents and carers to support children and young people's mental health during the current crisis: [www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing](http://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing).

The *Go To* Website [www.thegoto.org.uk](http://www.thegoto.org.uk) is a North Yorkshire specific website that provides information to help signpost young people, families and professionals to the right information and services available for mental health and wellbeing across North Yorkshire. The website has been developed in conjunction with young people, professionals and parents and carers.

[www.northyorks.gov.uk/support-children-young-people-and-their-families](http://www.northyorks.gov.uk/support-children-young-people-and-their-families) provides information on the universal, targeted and specialist services and support available in the different districts of North Yorkshire, and access to the North Yorkshire Pathway of support for children and young people with self-harming behaviour and/or suicidal ideation.

### Internet safety

Children and Young People may be having more screen time, so it is important that they keep themselves safe online and parents and carers have an important role in this.

*Internet Matters* [www.internetmatters.org](http://www.internetmatters.org) provides a range of support for families on online safety.

*Thinkuknow* [www.thinkuknow.co.uk/parents/Support-tools/home-activity-worksheets](http://www.thinkuknow.co.uk/parents/Support-tools/home-activity-worksheets) has activities that parents can do with their children and young people to discuss keeping safe online for all age groups

