

Children and Young People's Mental Health and Wellbeing resources, reports and campaigns

October 2020



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Resources for schools

Schools' Wellbeing Partnership

- **Primary school recovery tool**
- https://www.ncb.org.uk/sites/default/files/uploads/documents/Blog_reports/Mental%20health%20and%20wellbeing%20in%20primary%20schools%20-%20preparing%20for%20recovery%20-%20FINAL.pdf
- **Secondary school recovery tool**
- <https://www.ncb.org.uk/news-opinion/news-highlights/schools-and-colleges-given-support-mental-health-and-wellbeing>

Partnership for Children

- **Covid-19 wellbeing resources and activities**
- <https://www.partnershipforchildren.org.uk/what-we-do/childrens-wellbeing-activities-for-teaching-staff-and-families.html>

Carers Trust Resources to support young carers in schools

- <https://youngcarersinschools.com/covid-19/>

Evidence for Learning – Barry Carpenter's recovery Curriculum

- <https://www.evidenceforlearning.net/recoverycurriculum/>
- **Accompanying Facebook resources group:**
- <https://www.facebook.com/groups/recoverycurriculum>

Partnership for Children

- **Play-based activities to promote 3-5 year olds social and emotional development**
- <https://www.partnershipforchildren.org.uk/what-we-do/resources-for-parents/early-years-social-emotional-learning-activities.html>

Innovating Minds 'EduPod'

- **All-in-one software for Mental Health Leads in schools**
- <https://www.myedupod.com>

Our Time

- **Covid-19 school recovery curriculum resources, including teacher training and PSHE modules**
- <https://ourtime.org.uk/training/free-training-module/>

Partnership for Children

- **Guidance on how evidence-based programmes can help schools meet the 5 levers of the recovery curriculum**
- <https://www.partnershipforchildren.org.uk/2020/07/Using-our-Skills-for-Life-programmes-as-part-of-your-schools-recovery-curriculum.html>

stem4

- **Free mental health curriculum for secondary school and college:**
- <https://education.stem4.org.uk/head-ed/>

Training opportunities for school staff

Family Links

- Free online course for all schools and staff to support emotional mental health
- <https://www.familylinks.org.uk/online-course-schools>

Place2Be

- Free online mental health training for teachers to help them support themselves and their pupils
- <https://www.place2be.org.uk/foundation>

Healing Together

- Subsidised places for the trauma-informed Healing Together Facilitators training programme, to support children impacted by domestic abuse
- www.healing-together.co.uk

Reports and surveys

Children and Young People's Mental Health Coalition

- Annual report on the challenges and opportunities to protect the mental health of children and young people in 2020
- <https://cypmhc.org.uk/publications/cypmhc-annual-report-2020>

Carers Trust

- Research of young carers experiences during the pandemic, showing a dramatic negative impact on their education, health and wellbeing
- <https://carers.org/what-we-do/our-survey-on-the-impact-of-coronavirus-on-young-carers-and-young-adult-carers>

Square Peg

- Real time map of school attendance difficulties to evidence the scale of the problem
- <https://www.teamsquarepeg.org/map-campaign>
- Ongoing research into the use or threats or fines around school return
- <https://forms.gle/CWB1tFnQBeDpNQhF8>

Barnardo's – 'In Our Own Words'

- Coproduced report of young people's experiences of lockdown with policy recommendations
- <https://www.barnardos.org.uk/mental-health-covid19-in-our-own-words-report>

Barnardo's – 'Time for a Clean Slate'

- Report on the role of schools and children's mental health during lockdown - Time for a Clean Slate
- <https://www.barnardos.org.uk/time-clean-slate-mental-health-heart-education-report>

No5

- No5's Young Ambassadors have published a report capturing the 'on the ground' view of the impact of Covid-19
- <https://no5.org.uk/wp-content/uploads/2020/10/The-Impact-of-COVID-19-Report-FINAL.pdf>

YoungMinds

- Report on the experiences of young people with pre-existing mental health need during the return to secondary school
- <https://youngminds.org.uk/media/4119/youngminds-survey-with-young-people-returning-to-school-coronavirus-report-autumn-report.pdf>

SignHealth

- Research report on deaf children's mental health
- <https://www.acamh.org/research-digest/mental-health-in-deaf-children/>

Excluded Lives Research Team

- Reports on increased risks of school exclusions during Covid-19
- <http://www.education.ox.ac.uk/research/excluded-lives/>

Co-SPACE

- Ongoing study tracking the impact of Covid-19 on children, young people and their families:
- <https://cospaceoxford.org/>
- Recent reports have shown increase in emotional and behavioural difficulties for primary aged children
- <https://cospaceoxford.org/findings/>

Updates and campaigns

NEU

- Petition around the way exams are run in 2021 and the impact this will have on young peoples's mental health:
- <https://neu.org.uk/assessment/fair-grade-2021>

BACP

- Campaign for government funded school and college counselling provision. This has resulted in an early day motion, gaining cross party support. Join the next stage of the campaign:
- <https://www.bacp.co.uk/news/campaigns/school-counselling/7-october-join-in-the-next-stage-of-our-school-counselling-campaign/>

NCB Northern Ireland

- Work on implementing an emotional health & wellbeing framework for schools:
- <https://www.ncb.org.uk/informingachildwellbeingframework>

Barnardo's - New helpline

- **Providing support to Black, Asian and Minority Ethnic children, young people and families:**
- <https://helpline.barnardos.org.uk/>

Good Law Project

- **Work on digital equality of access**
- <https://goodlawproject.org/case/children-will-be-left-behind/>

Barnardo's will be launching a virtual hub

- **Supporting schools working with children experiencing grief and bereavement later this month.**
- Contact Maisie.davies@barnardos.org.uk for more information

Blogs, Podcasts and Apps

Achievement for All

- **Blogs on the importance of wellbeing being at the heart of learning and of school leadership**
- <https://afaeducation.org/news/wellbeing-at-the-heart-of-learning/>
- <https://afaeducation.org/news/wellbeing-at-the-heart-of-leadership/>

Pooky Knightsmith and Stuart Guest Podcast

- **How schools can begin to be trauma informed**
- <https://pookyh.buzzsprout.com/1183931/4458053-stuart-guest-how-can-schools-take-a-trauma-informed-approach-post-pandemic>

Combined Minds

- **App to help manage a whole family approach to mental health**
- <https://combinedminds.co.uk/>

Behaviour resources

Example of a school with trauma-informed behaviour policies

- <http://www.hazwebs.co.uk/colebourne/?wpdmpro=behaviour-policy>

Podcast on Tom Bennett's approach to behaviour policies

- <https://www.ollielovell.com/errr/tom-bennett-behaviour-management-running-the-room/>

UK Trauma Council

- **Videos and resources on behaviour as a form of communication**
- <https://uktraumacouncil.org/resources>

United for a better childhood

The National Children's Bureau brings people and organisations together to drive change in society and deliver a better childhood for the UK. We interrogate policy, uncover evidence and develop better ways of supporting children and families.

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Part of the family

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