



Alliance
for Learning
BRIGHT FUTURES EDUCATIONAL TRUST



Bright Futures
EDUCATIONAL TRUST
The best for everyone, the best from everyone

Supporting World Mental Health Day



Have you seen
our Returning to
school post
Covid-19
resource pack?

**Helpful resources for school and home
For Mental Health and Wellbeing**

Supporting
World Mental
Health Day
10 October 2020



Welcome to our useful resources

Mental Health is always important, but now more than ever before. We want to raise awareness for World Mental Health Day on 10 October 2020 and have produced this resource pack to support schools. You can find out more about World Mental Health Day [here](#).

Mental Health is very high profile and important at Alliance for Learning, we offer lots of training and support in this area and we lead on the Greater Manchester Mentally Healthy Schools Hub.

There are too many resources out there to include, but we hope these will help you.

This resource pack works well in conjunction with our post Covid-19 resource pack.

Click on underlined text to go to the resources.



02 Useful Documents and Reading

[Teaching About Mental Wellbeing](#)

[DfE Mental Health Prevention](#)

[Supporting Schools and Colleges](#)

[Looking After Your Mental Health](#)

[Looking After a Young Person's Mental Health](#)

[Mental Health Support in Your Area](#)

[Talking Mental Health Animation Toolkit](#)

[Extra Mental Health Support for Children and Teachers](#)

[Mental Health First Aid - Working from Home](#)

[Mental Health Toolkit for Schools](#)

[Wellbeing Activities for Schools](#)

[Childhood Trauma and the Brain](#)

[Supporting Your Child - self harm and suicide](#)

[Wellbeing Tips for School Staff](#)

[Caring for the Wellbeing of Teachers and Staff](#)

[Time to Change toolkit - fighting discrimination](#)

[Ways to Support Worried Young People](#)

[You're Never too Young to Talk Mental Health](#)

[Short Films Showing Resilience Building in Action](#)



03 More Useful Documents and Reading



[Managing our Mood During Challenging Times](#)

[A Young Persons Guide to Anxiety](#)

[Resources to support Anxiety](#)

[Engaging with Parents and Carers](#)

[Helping Children and Young People to Manage Anxiety](#)

[Supporting the Most Vulnerable Young People During Disruption](#)

[Wellbeing Measurement Framework - Primary Schools](#)

[Wellbeing Measurement Framework - Secondary Schools](#)

[Guidance on Teaching Mental Health and Wellbeing](#)

[How to Look After your Mental Health](#)

[How to Manage and Reduce Stress](#)

[Mental Health Benefits of Exercise](#)

[The State of Children's Mental Health Services](#)

[Prevention and Mental Health](#)

[Mental Health Foundation Strategy 2020- 2025 Making Prevention Happen](#)

[Films for Teaching Mental Health](#)

[Responding to Self-Harm](#)

[Supporting Children and Young People's Mental Health](#)

04 Types of Mental Health Problems



Categorised by Mind

- Anger
- Anxiety and Panic Attacks
- Bipolar
- Body Dysmorphic Disorder
- Depression
- Drugs
- Eating Problems
- Hearing Voices
- Hoarding
- Loneliness
- Obsessive Compulsive Disorder
- Panic Attacks
- Paranoia
- Personality Disorders
- Phobias
- OCD Action

- Post Natal and Parinatal Mental Health
- Post Traumatic Stress Disorder
- Premenstrual Dysphoric Disorder
- Psychosis
- Schizophrenia
- Seasonal Affective Disorder
- Self-Esteem
- Self-Harm
- Sleep Problems
- Stress
- Suicidal Feelings
- Tardive Dyskinesia
- Trauma
- 42nd Street
- Out of the Fog
- Shout
- Re-think



05 Supporting Agencies and Charities



[Rainbow Trust](#)

[Place2Be](#)

[Barnardo's](#)

[NSPCC](#)

[NHS](#)

[Action for Children](#)

[NIHM](#)

[Childline](#)

[Anna Freud](#)

[Early Break](#)

[The Children's Society](#)

[Power2](#)

[Hope for the Day](#)

[Mind](#)

[Young Minds](#)

[Children and Young People's
Mental Health Service](#)

[Talk, Listen and Change](#)



[Samaritans](#)

[Sane](#)

[Student Minds](#)

[Time to Change](#)

[Stem4](#)

[Sport Inspired](#)

[Chums](#)

[Princes Trust](#)

[Together All](#)

[Calm](#)

[Ditch the Label](#)

[Doc Ready](#)

[Kooth](#)

[MindEd for Families](#)

[Papyrus](#)

[Think Twice](#)



Primary

[Wellbeing Advent Calendar](#)

[Self-Care Summer Pack](#)

[Helping Children Reframe Negative Thoughts](#)

[Mental Health and Emotional Wellbeing Videos - BBC Bitesize](#)

[Activities from Children's Mental Health Week](#)

[Think Positive Learning Pack](#)

[Children's Mental Health Activity Pack](#)

[Hello Yellow Primary](#)

[Sharing Experience of Sympathy and Resilience](#)

[Hope Clouds](#)

[Thinking and Feeling](#)

[How Many Positives?](#)

[Get Active](#)

[Activities to get Young People Talking](#)

[Bullying Awareness Activities](#)

[Back to School Programme](#)

[Calm Zone](#)

[Mental Health Worksheets](#)



Secondary

[Self-Care Summer Pack](#)

[Activities from Children's Mental Health Week](#)

[Video Clips on mental Health and Wellbeing](#)

[Supporting Mental Health Resource Pack](#)

[Hello Yellow Secondary](#)

[Wellbeing - Managing Stress](#)

[Wellbeing Resources and Ideas](#)

[Posters for Young people](#)

[Breathing Exercises](#)

[Videos to Overcome Anxiety](#)

[Mood Journal](#)

[How Many Positives Action Sheet](#)

[Wellbeing Bingo](#)

[Wellbeing Tips During Exams](#)

[Star Qualities Activity](#)

[Body Talk Self-Esteem](#)

07 Training Courses



Book on Friday 9 October (the day before World Mental Health Day) and get 10% off!

Click on the titles to get more information on each course.

[Coronavirus, Your Essential Guide to Supporting Student's Mental Health](#)

October 5th and 7th 9:00am - midday
£95 per person

[Emotion Coaching](#)

October 8th and 12th 9:00am - midday
£95 per person

[Supervision for Pastoral Staff](#)

November 2nd and 3rd
9:30am - 4:00pm on November 2nd/9:30am - 1pm on 3rd
£160 per person

[Developing School Mental Health Policy Masterclass](#)

November 18th 2pm - 4pm
£55 per person

[Official Youth Mental Health First Aid LITE \(online\)](#)

November 24th 1pm - 5pm
£75 per person

[Childhood Bereavement training](#)

November 26th 10am - 2:30pm
£65 per person

[Youth Mental Health First Aid](#)

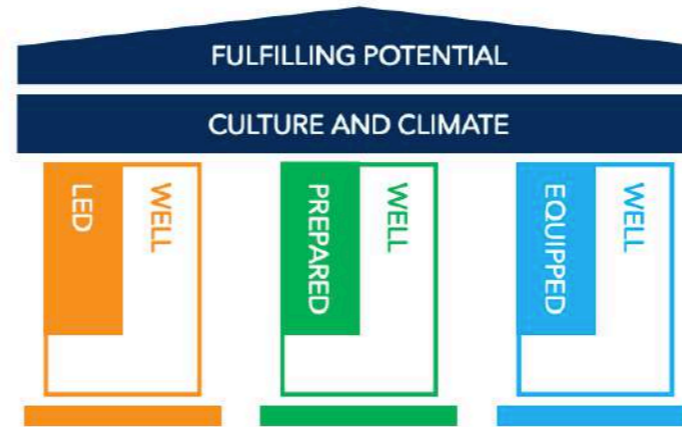
January 13th and 14th 2021 9:00am - 4:00pm
£300 per person



Believing in every child's future

WELL SCHOOL

Putting wellbeing at the heart of every school.
Join the conversation today.



Do you feel:

- All staff in schools need more support with their own wellbeing?
- Young people need a wide range of experiences that will prepare them for life after school and enrich their school experience?
- Young people need a wide range of skills to prepare them for the demands of the modern workplace?

If so, join the conversation today, and together we can put wellbeing at the heart of every school – visit the link below to register.

www.youthsporttrust.org/wellschool



[Click here to register](#)

Do you want to join the community and help make lasting change?

Powered by Youth Sport Trust and Bupa Foundation, we are excited to launch our Well Schools movement and we would love you to join us.

You can now visit the Well Schools community and take the pledge to become a Well School.

**Our teaching school is here to help.
If your school needs something please ask us and we will do our best to find it
for you.**

**Best wishes,
Lisa and the teaching school team.**

**Tell us if this has been useful:
Twitter: @lisafathersAFL @AFLTeachingSch**



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