

INFORMATION AND RESOURCES AROUND MENTAL  
HEALTH AND WELLBEING FOR SCHOOLS, HOUSEHOLDS,  
CHILDREN AND YOUNG PEOPLE: JULY 2020



For each resource I've aimed to indicate which of the above categories seems to be the main aim. However, many cross all categories so I've not attempted to create separate lists for each area.

## A) CHURCH/CHRISTIAN BASED ORGANISATIONS

### 1. SCRIPTURE UNION MENTAL HEALTH AND WELLBEING RESOURCES

<https://content.scriptureunion.org.uk/mentalhealth>

Many of these resources can be freely downloaded once registered with SU (which is also free) SU resources are validated by The Mental Health Foundation.

For children:

- The Lost Sun resource and video
- Through the Wood – grief and loss Card pack £4.00
- Like Me? – ages 8-11 Self worth

For Young People:

- Is anybody listening? Resource and video – social media
- Chloe's story and song – self esteem and worth, anxiety
- Get Help cards – Pack of 100 for £3.00 contact for YP
- Extra support resource document.

### 2. BRP/PARENTING IN FAITH RESOURCES

<https://parentingforfaith.org/topics/mental-health>

Podcasts and articles for carers and parents which offer ideas to support children and young people. Including:

- Struggling in Lockdown – “new normal”?
- What we can learn from Love Island – celebrity culture
- Helping children process the news
- Anxiety, God and School

### 3. RENEW WELLBEING

<https://www.renewwellbeing.org.uk/>

Trains and helps churches to set up café style areas with craft activities, attached to a quiet room or space. A mental health support team assists with links to a Local Authority professional. *I have contacted them about what they offer/do if young people or children arrive at the venue and am awaiting a reply.*

### 4. PRAYER SPACES IN SCHOOLS

<https://www.prayerspacesinschools.com/topten>

See this website under “STORIES” for ways in which Prayer Spaces have had an impact on Mental Health and Well Being. Prayer stations are recommended to include a range of activities: *Upwards* – toward God, *Outwards* – to the world, and *Inwards* – reflective activities. There are many to choose from, such as:

- Big Questions
- Thankful Playdough
- Be Still
- Fizzy Forgiveness
- Letting Go
- Name that Feeling
- Masks

## 5. CHILDREN’S SOCIETY

<https://www.childrenssociety.org.uk/>

Research and produce reports focussing on young people’s happiness, well-being and mental health. Campaign and lobby for changes to law and policy.

Also available are lesson plans, toolkits, reports and resources such as “Well-being post cards”. There is an extensive “Resource Vault” with links to many areas.

*Work with regional groups to develop expertise in identified areas IS THIS SOMETHING WE COULD INVESTIGATE? A Diocesan partnership maybe to start building groups, training events and ways to engage with children and young people.*

## 6. MIND AND SOUL FOUNDATION

<https://www.mindandsoulfoundation.org/>

Research, resources and training – aimed predominantly at adults, but also seeking to resource youth leaders.

## B) OTHER ORGANISATIONS

### 1. CHILDREN’S AND YOUNG PEOPLE’S MENTAL HEALTH COALITION

<https://cypmhc.org.uk/publications/>

Publications include:

- A Manifesto to Promote Children’s and Young People’s Mental Health
- Making the Grade – How education shapes young people’s Mental Health
- Overshadowed – Mental Health and children with Learning Disabilities
- And, working with, “The Partnership for Well Being and Mental Health” a report looking at OFSTED – Inspecting the Substance of Education.

### 2. ANNA FREUD NATIONAL CENTRE FOR CHILDREN AND FAMILIES

<https://www.annafreud.org/>

This organisation provides training and resources for parents. Carers and professionals. Amongst their publications are:

Sarah Brown Derby Diocese Children’s Adviser [Sarah.brown@derby.anglican.org](mailto:Sarah.brown@derby.anglican.org)

- Child in Mind podcasts
- Parent Champion resources
- Self care over the Summer – downloadable booklets for Primary and Secondary children/Young People.

### **3. WINSTON'S WISH**

<https://www.winstonswish.org/>

Resources to help support children and young people through Bereavement and loss.

### **4. YOUNG MINDS**

<https://youngminds.org.uk/resources/>

Research, resources, posters and leaflets are available.