

## **Support for Young People and parents in secondary schools 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 <https://www.childline.org.uk/info-advice/your-feelings/anxiety-stress-panic/worries-about-the-world/coronavirus/>

Childrens Commissioners guide to coronavirus for children and young people <https://www.childrenscommissioner.gov.uk/publication/childrens-guide-to-coronavirus/>

### **Young People and Parents**

**The Go To Website** <https://www.thegoto.org.uk/>

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.

**Recovery college Online** <https://www.recoverycollegeonline.co.uk/>

providing a range of online information to people who might be struggling with mental health issues (there is a section for under 12 and overs) and parents and carers (<https://www.recoverycollegeonline.co.uk/young-people/for-parents-and-carers/>)

**North Yorkshire services and support** <https://www.northyorks.gov.uk/support-children-young-people-and-their-families#emot>

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

**NHS suggested apps to support mental health** <https://www.nhs.uk/apps-library/category/mental-health/>

### **Young People support**

**Kooth** <https://www.kooth.com/>

Free, safe and anonymous online support for young people and provides information and guidance.

**Compass BUZZ US text service:** Compass BUZZ offers a confidential text messaging service to young people aged 11-18 across North Yorkshire. By texting the service on **07520 631168** you will be able to receive confidential advice, support and signposting from a wellbeing worker within one working day via text. When you text BUZZ US you will receive a message letting you know if we are open or closed. Within this text it will also let you know what you can do if we are not open and you need help in the meantime.

**Childline** <https://www.childline.org.uk/> provides a range of information and support on a number of issues. This includes support on cyberbullying <https://www.childline.org.uk/info-advice/bullying-abuse-safety/types-bullying/bullying-cyberbullying/>

And Childline have the calm zone <https://www.childline.org.uk/toolbox/calm-zone/> which provides a toolbox of ideas to support emotions and express your ways

Anna Freud have developed alongside young people some self-care ideas <https://www.annafreud.org/on-my-mind/self-care/>

Also important to stay physically active

## **Parents**

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** <https://www.internetmatters.org/> provides a range of support for families to enable all family members to stay safe.

Thinkuknow <https://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.