

Wellbeing Resources

Mental Health and Wellbeing – Signposting for Families and Students

At our school we recognise the importance of the mental health and wellbeing of students as central to students being able to achieve happy and fulfilling lives. There are lots of resources and organisations that can also support the mental health and wellbeing of your family and child(ren). Below are some websites / organisations that you may find useful. This is not an exhaustive list.

***Disclaimer**

The views and opinions included within these external organisations do not necessarily mirror the views or opinions of the school. It is not the responsibility of the school to advise, monitor or be liable for the content of these external organisations. Use of any information obtained from such organisations is voluntary, and reliance on it should only be undertaken after an independent review of its accuracy, completeness and suitability for the intended audience.

Signposting for Families

5 Steps to Mental Wellbeing	5 steps to improve your mental health and wellbeing. Trying these things could help you feel more positive and able to get the most out of life
HOME CAMHS Resources (camhs-resources.co.uk)	For young people, carers and professionals. lots of helpful resources from across the internet that are available to help support your mental health and well-being
Parenting and Family Support - Family Lives (Parentline Plus)	Parenting and family support. This website has very practical guidance in a wealth of areas from school routines to self-harm
Wellbeing advice for parents to support their child - BBC Parents' Toolkit - BBC Bitesize	Health and wellbeing advice for parents to support their child - from food and sleep, to anxiety and the online world
Parent Info From NCA-CEOP and The Parent Zone	Providing expert advice regarding internet and digital activity, gaming and online safety

Home - Awtistiaeth Cymru Autism Wales National Autism Team	Improving the lives of autistic people living in Wales
Get support - Cruse Bereavement Support	National charity which offers support, advice and information to children, young people and adults when someone dies
Mind	Mental Health information and support for adults, children and teenagers. Find local services.
The Sleep Charity	Education support and advice on good sleep routines for children, teenagers and adults.
ACTivate Your Life - Public Health Wales (nhs.wales)	Public Health Wales free online course for anyone over the of 16 designed to help improve mental health and wellbeing.
Melo Cymru	Aneurin Bevan University Health Board website with partners to look after the mental wellbeing of people living and working in these areas; Torfaen, Newport, Monmouthshire, Caerphilly, Blaenau Gwent

Signposting for Pupils

Wellbeing	Meic Meic is the helpline service for children and young people up to the age of 25 in Wales. From finding out what's going on in your local area to help dealing with a tricky situation, Meic will listen even when no-one else will
Supporting children with a variety of concerns	Advice, helpline, resources and support for children Childline Childline
Bereavement/Grief	Provides support to children and young people after bereavement of a parent or sibling Winston's Wish - giving hope to grieving children (winstonswish.org)
Young Minds – Mental Health	A charity supporting children, parents and those working with children and young people YoungMinds Mental Health Charity For Children And Young People YoungMinds
Young Persons Mental Health Toolkit	https://hwb.gov.wales/repository/discovery/resource/e53adf44-76cb-4635-b6c2-62116bb63a9a/en?sort=recent&strict=1
Strategies for promoting resilience and well-being	https://padlet.com/uswscl/Wellbeingforeveryone

Teenage mental health – How to protect teenagers mental health during coronavirus	https://www.unicef.org/coronavirus/how-teenagers-can-protect-their-mental-health-during-coronavirus-covid-19
Wellbeing during Coronavirus	https://www.nhs.uk/.../coronavirus-covid-19-staying-at-home-.../
Mental Health	A range of support from CAMHS https://www.camhs-resources.co.uk/?fbclid=IwAR0IEO2aCgW_frGwMMFN8OFgXDjDtkqDm_SOSUxsN8gC14rQhEq7NtidYrg
Mental Health	Free, safe and anonymous mental health support for young people Home - Kooth
Mental Health	Apps and websites for young people to support wellbeing. Monmouthshire Youth Resources
Coping with anxiety during the pandemic	https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/
How to protect your mental health whilst self-isolating	https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/
Anxiety Advice	http://www.anxietyuk.org.uk/coronanxiety-support-resources/
Information for parents with disabled children	https://contact.org.uk/advice-and-support/coronavirus-information-for-families-with-disabled-children/
Drugs and Alcohol advice (National)	https://www.talktofrank.com
Drugs and Alcohol advice (Local)	https://barod.cymru/where-to-get-help/service-2/gwent-n-gage/
Child Sexual Abuse Campaign	https://www.stopitnow.org.uk/wales/its-time-we-talked-about-it/
Support for victims of domestic abuse	https://gov.wales/support-victims-domestic-abuse
How to volunteer	https://gov.wales/safe-help/volunteering
Personal Care	https://www.youtube.com/watch?v=-gnpx3mvN7k&feature=youtu.be
Coronavirus tools for children and young people	http://www.socialworkerstoolbox.com/covid-19-coronavirus-resources-parents-carers/
Staying Safe during Coronavirus	https://gov.wales/live-fear-free/staying-safe-during-coronavirus-emergency?fbclid=IwAR1Zruf3LEJa0bj8QGri02nxRL3W5kOL0FRW2UUe2UAdN80MDLPnpzkd6A

Talking to your child about Coronavirus	https://youngminds.org.uk/.../talking-to-your-child-about-co.../
How to Wash your hands	https://www.virtual-college.co.uk/resources/2020/03/how-to-wash-your-hands
Get moving get healthy	https://www.virtual-college.co.uk/resources/free-courses
Coronavirus information page	https://gov.wales/coronavirus
Coronavirus: helpful information to answer questions from children	https://www.place2be.org.uk/.../coronavirus-information-for-.../
Coronavirus information hub for children	https://www.childcomwales.org.uk/coronavirus/
Prevent Covid-19	https://www.virtual-college.co.uk/courses/prevent-covid-19-free-training
Coronavirus health advice for people with asthma	https://www.asthma.org.uk/advice/triggers/coronavirus-covid-19/
Coronavirus resources for people with learning disabilities	http://www.learningdisabilityengland.org.uk/wp-content/uploads/2020/04/LD-Senate-Coronavirus-resources-for-use-with-people-with-learning-disabilities-27.3.2020.pdf

Local Support

Dewis Wales	Find local and national organisations and services that can provide information or advice about your well-being; or want to know how you can help somebody else. Including information about people and services in your local area
Monmouthshire Therapeutic Services	Information on how to access services available to children, young people and their families in Monmouthshire.
Monmouthshire Family Information Service	This is a directory website with over 500 links to support families in Monmouthshire. Everything from family support services to children and young people's activities
Families First Programme - Monmouthshire	'Families First Programme' can provide your family with help, advice and support to prevent any issues or problems you may have from getting worse

Free School Meals - Monmouthshire	Apply for free school meals for Monmouthshire County Council
The Building Bridges Project, Monmouthshire: HOME	Activities and work-related experiences for young people in Monmouthshire