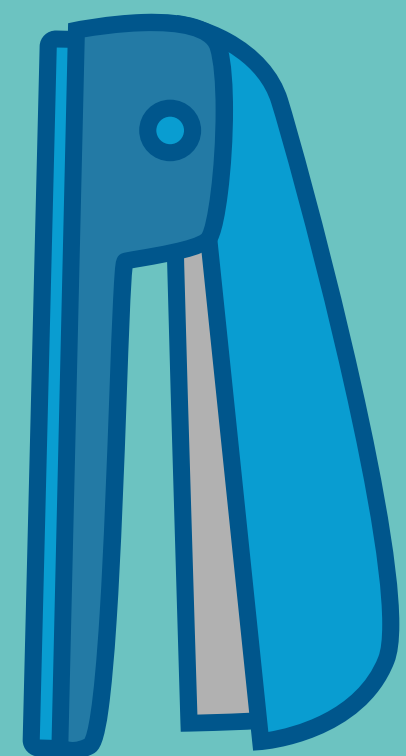




MENTAL HEALTH AND WELLBEING

RETURN TO SCHOOL

Resources to support students, staff and families post lockdown



A person with a large backpack is walking on a beach. The person is wearing a blue jacket and blue pants. The background shows the ocean and a clear sky. The text 'RETURN TO SCHOOL' is overlaid in large white letters.

RETURN TO SCHOOL

Managing Uncertainty In Children & Young People

The British Psychological Society

How To Stay Calm In A Global Pandemic

Dr Emma Hepburn

Anxiety And Return To School: 10 Ideas

Dr Pooky Knightsmith/ Creative Education

Life After Lockdown Wellbeing Action Plan

The Charlie Waller Memorial Trust

Return To School Resources For Primary/Secondary

Place 2 Be

Resources For MHWB Toolkits 1 To 4

Anna Freud Centre

Back To School Hub

Barnardos

Strategies To Support Children's Wellbeing On The Return To School

Mentally Healthy Schools

Stepping Back Into School Support Package

Step Forward For SEND

The Real Recovery Plan

Dr Tina Rae

Wellbeing Support During Covid 19

Nicola Stewart

Anxiety Resources

Bridge The Gap

A person with long blonde hair, wearing a dark jacket and blue pants, is walking on a beach. They are carrying a large, dark-colored backpack. The background shows the ocean and a wooden pier.

GENERAL WELLBEING

Sleep Is Your Superpower

Dr Matthew Walker

Every Mind Matters

NHS

The Wellbeing Zone

Pearson UK

Resources

CAMHS

Oxford Health CAMHS

The Stress Bucket

Mental Health UK



DIGITAL SUPPORT

Apps For Self Care

Anna Freud Centre

Mee Too Connect

Online support for schools & educational settings

Stem 4

A range of support and apps for young people

On My Mind

Anna Freud Centre. Co-produced by young people, this service aims to empower young people to make informed choices around their mental health and wellbeing

Mental Wealth Academy

A new partnership offering a proactive and preventative programme of non-clinical mental health services for 18-25 year-olds across Oxfordshire. For the next six months, in response to the effects of the COVID pandemic, this service is being extended to 16-and-17-year-olds too

The Mix

The UK's leading support service for young people

Headroom: Your Mental Health Toolkit

BBC

Coronavirus Helpful Hub

Blurt It Out

Coronavirus Hub For Young People

Mind

A person with long blonde hair, wearing a dark jacket and blue pants, is sitting on a wooden bench. A large, dark-colored bag is next to them. The background is a blurred outdoor setting, possibly a park or a beach.

FOR PARENTS & CARERS

Anxiety - A Parent's Guide

Nicola Morgan

Care For The Family

A national charity promoting family life and helping those in difficulty

Time For Us

Activities for talking as a family by the Mental Health Foundation

Starting A Conversation With Your Child

Young Minds

Supporting Children And Young People's Mental Health & Wellbeing During The Coronavirus Pandemic

Public Health England

10 Top Tips For Parents

SSS Learning



STAFF WELLBEING

Staff Wellbeing Planning Pack

Mentally Healthy Schools

Reframing Thoughts For Staff

Mentally Healthy Schools

Headspace Subscription For Educators

Wellbeing Webinars And Events

Action For Happiness

Education Support

A charity dedicated to improving the health and wellbeing of school staff

Looking After Each Other And Ourselves

Anna Freud Centre

A person with long blonde hair, wearing a dark jacket and blue pants, is sitting on a wooden bench. They have a large, dark-colored backpack on their back. The background is a blurred outdoor setting, possibly a park or a waterfront.

PODCASTS

How To Fail Elizabeth Day

Feel Better, Live More Dr Rangan Chatterjee

On Purpose Jay Shetty

A Drop In The Bucket Dr Rebekah Tennyson

Behaviour Bites Changing Behaviour UK Ltd

The Happiness Lab Dr Laurie Santos

All In The Mind Radio 4

Talking Teenagers James Shone

Mad World Bryony Gordon

Head Talks



Toolkit collated by Natalie Hunt
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