

What you can do to look after your wellbeing

General guidance for supporting anxiety -Websites

Having good mental health helps us relax more, achieve more and enjoy our lives more.

NHS website offers advice and practical tips to help you look after your mental health and wellbeing: <https://www.nhs.uk/oneyou/every-mind-matters/>

The Anna Freud National Centre for Children and Families is a national children's mental health charity which offers advice for supporting mental health and wellbeing: <https://www.annafreud.org/selfcare/>

Support for mental health and wellbeing of children and young people:

Young Minds <https://youngminds.org.uk/>

Information about supporting young people with anxiety:

<https://www.anxietyuk.org.uk/get-help/anxiety-information/young-people-and-anxiety/>

NSPCC

https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/depression-anxiety-mental-health/?utm_source=Adestra&utm_medium=email&utm_content=Talking%20to%20a%20child%20worried%20about%20coronavirus%20%28COVID-19%29&utm_campaign=CASPAR-2019-03-30

Apps

Headspace (mindfulness app) have launched a free section called *Weathering the storm*. This includes meditation, sleep and movement exercises.

ThinkNinja - an app specifically designed to educate 11-18 year olds about mental health, emotional wellbeing and to provide skills young people can use to build resilience and stay well.

Smiling Mind – an app designed to support with meditation and mindfulness for children, families and schools. Their website (<https://www.smilingmind.com.au/>) provides lots of information and guidance and the app provides guided relaxation / mindfulness sessions. They also have a YouTube channel with lots of informative videos as well as guided meditation sessions also: https://www.youtube.com/channel/UCSP__8_QEFYdi0gY2F3CXfA

Calm is a worldwide app for guided relaxation and mindfulness. They have created free access to support guided relaxation in response to the coronavirus situation

https://www.calm.com/blog/take-a-deep-breath?utm_medium=email&utm_campaign=715072-free-mindfulness-resources-from-calm&utm_source=lists%2F51225-Ultimate-LoveLife-Makeover-Summit&simplero_object_id=su_eWE1de2opeEQMZht61XBFMVm

Wyvern also have an email address that you can contact if you need additional support: somebodycares@wyvern.hants.sch.uk