

## 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 have [a guide to coronavirus and supporting tools](#) if children and young people are worried.

The Children's Commissioners guide to coronavirus for children and young people can be accessed [here](#).

### **Young People and Parents**

#### **The Go To Website**

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**

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](#).

#### **North Yorkshire services and support**

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**

## Young People support

### [Kooth](#)

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](#) provides a range of information and support on a number of issues. This includes support on [cyberbullying](#).

And Childline have the [calm zone](#) which provides a toolbox of ideas to support emotions and express your ways.

Anna Freud has developed alongside young people some [self-care ideas](#).

## Physical activity

It is important to remain physically active, the recommendation for children and young people aged 5-18 is to aim for an average of at least 60 minutes of moderate intensity physical activity a day across the week.

**Sport England have produced a ‘Stay in, work out’** section on [their website](#) which focused on tips, advice and guidance on how to keep or get active in and around your home for all age groups.

## Parents

The government have also just released some [specific guidance](#) for parents and carers to support children and young people’s mental health.

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](#) provides a range of support for families to enable all family members to stay safe.

[Thinkuknow](#) has activities that parents can do with their children and young people to discuss keeping safe online for all age groups.

[Net-aware](#) is a parent’s guide to social networks, apps and games to check out before letting your children use them.

## Website links

NSPCC guide to coronavirus and supporting tools: <https://www.childline.org.uk/info-advice/your-feelings/anxiety-stress-panic/worries-about-the-world/coronavirus/>

Children's Commissioners guide to coronavirus for children: <https://www.childrenscommissioner.gov.uk/publication/childrens-guide-to-coronavirus/>

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

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

Recovery College Online for 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>

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

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

Childline: <https://www.childline.org.uk/>

Childline support on cyberbullying: <https://www.childline.org.uk/info-advice/bullying-abuse-safety/types-bullying/bullying-cyberbullying/>

Childline calm zone: <https://www.childline.org.uk/toolbox/calm-zone/>

Anna Freud self-care ideas: <https://www.annafreud.org/on-my-mind/self-care/>

Sport England 'stay in, work out': <https://www.sportengland.org/stayinworkout>

Government guidance on mental health: <https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing>

Internet matters: <https://www.internetmatters.org/>

Thinkuknowhow: <https://www.thinkuknow.co.uk/parents/Support-tools/home-activity-worksheets/>

Net-aware parents' guide to social networks: <https://www.net-aware.org.uk/>