

**Signposting of Mental Health advice and resources**

The table below aims to provide as many links as possible to helpful advice sites for schools, students and families. Your Primary Mental health worker will be able to signpost local offers

Service/ hyperlink	What it offers?	Contact
	Lancashire wide site with guidance for both young people and schools on dealing with a range of MH concerns	<a href="https://www.healthyyoungmindslsc.co.uk/home">https://www.healthyyoungmindslsc.co.uk/home</a>
	Advice for students when self isolating but also for staying connected, staying calm, dealing with stressful situations at home	<a href="https://youngminds.org.uk/blog/looking-after-your-mental-health-while-self-isolating/">https://youngminds.org.uk/blog/looking-after-your-mental-health-while-self-isolating/</a>
	Supporting your child with mental health concerns	<a href="https://mindedforfamilies.org.uk/">https://mindedforfamilies.org.uk/</a>
	Guidance on speaking to your children around coronavirus issues	<a href="https://www.pshe-association.org.uk/content/coronavirus-hub">https://www.pshe-association.org.uk/content/coronavirus-hub</a>
	Social stories for children with autism to explain current changes	<a href="https://carolgraysocialstories.com/">https://carolgraysocialstories.com/</a>
	Mental Health First Aid offer much advice and assistance. This specific link focuses on maintaining good mental health when working at home	<a href="https://mhfaengland.org/my-whole-self/">https://mhfaengland.org/my-whole-self/</a>
	Practical tools to deal with anxiety from a Canadian site	<a href="https://maps.anxietycanada.com/">https://maps.anxietycanada.com/</a>
	Coronavirus focussed support for young people and parents/ carers	<a href="https://www.annafreud.org/what-we-do/anna-freud-learning-network/coronavirus/">https://www.annafreud.org/what-we-do/anna-freud-learning-network/coronavirus/</a>

	<p>Guidance booklet for schools and colleges to support student MH</p>	<p><a href="https://www.annafreud.org/media/11160/supporting-schools-and-colleges.pdf">https://www.annafreud.org/media/11160/supporting-schools-and-colleges.pdf</a></p>
	<p>Site for Youth workers and resources. Resources available for young people dealing with current circumstances</p>	<p><a href="https://youthworksupport.co.uk/">https://youthworksupport.co.uk/</a></p>
	<p>Site focussed on support for young people. Blogs and journals, web chat with counsellors, community resources</p>	<p><a href="https://kooth.com/">https://kooth.com/</a></p>
	<p>Tips for managing anxiety. Some specific to coronavirus</p>	<p><a href="https://stem4.org.uk/">https://stem4.org.uk/</a> <a href="https://stem4.org.uk/resources/">https://stem4.org.uk/resources/</a></p>
	<p>Chat room, message boards and advice</p>	<p><a href="https://www.childline.org.uk/">https://www.childline.org.uk/</a></p>
	<p>Counselling online and support for both young people and families</p>	<p><a href="https://www.nspcc.org.uk/">https://www.nspcc.org.uk/</a></p>
	<p>Online chat and tips for dealing with coronavirus</p>	<p><a href="https://www.samaritans.org/">https://www.samaritans.org/</a></p>
	<p>Online magazine supporting good mental health</p>	<p><a href="https://read.happiful.com/">https://read.happiful.com/</a></p>