



**THISTLEY HOUGH
ACADEMY**
*Creative
Education
Trust*

Mental wellbeing

Additional resources providing by the Department for Education

BPS

Website: <https://www.bps.org.uk/news-and-blogs>

Description: advice on dealing with school closures and talking to children about COVID-19.

Children's Society

Website: <https://www.childrenssociety.org.uk/coronavirus-information-and-support>

Description: information and support on different aspects of mental health and wellbeing.

MindEd

Website: <https://www.minded.org.uk/>

Description: an educational resource for all adults on children and young people's mental health.

Rise Above

Website: <https://riseabove.org.uk/topic/my-mind/>

Description: videos with tips on gaining confidence, dealing with anxiety and coping strategies from other young people.

The Child Bereavement Network

Website: <http://www.childhoodbereavementnetwork.org.uk/covid-19.aspx>

Description: advice on supporting grieving children during the coronavirus outbreak.