

Information on Mental Health

Coronavirus reports – impact on young people’s mental health

Young Minds - Coronavirus: Impact on Young People with Mental Health Needs

<https://youngminds.org.uk/about-us/reports/coronavirus-impact-on-young-people-with-mental-health-needs/>

Children’s Society – Life on Hold report

<https://www.childrensociety.org.uk/information/professionals/resources/life-on-hold>

Anna Freud Centre - Mentally Health Schools' Coronavirus Toolkits

<https://www.annafreud.org/insights/news/2020/05/mentally-healthy-schools-coronavirus-toolkits/>

Other useful resources

Anna Freud National Centre for Children & Families – resources on mental health

<https://www.annafreud.org/schools-and-colleges/resources/>

Child Trends - How to Implement Trauma-informed Care to Build Resilience to Childhood Trauma

<https://www.childtrends.org/publications/how-to-implement-trauma-informed-care-to-build-resilience-to-childhood-trauma>

ELSA resources – Elsa Support is a website which provides downloadable resources that support the teaching of emotional literacy or emotional intelligence

<https://www.elsa-support.co.uk/>

Five Ways to Wellbeing – Communicating the Evidence

<https://neweconomics.org/2008/10/five-ways-to-wellbeing>

Video - InBrief: Early Childhood Mental Health (Center on the Developing Child at Harvard University)

<https://www.youtube.com/watch?v=L41k2p-YRCs>

Video - How a child's brain develops through early experiences (NSPCC)

<https://www.youtube.com/watch?v=hMyDFYskZSU>

Information on Self Harm

Harmless leaflet - Young People and Self Harm

<https://harmless.org.uk/wp-content/uploads/2020/09/Young-People-and-Self-Harm-Female-Leaflet-min.pdf>

Harmless leaflet – Friends and Family

<https://harmless.org.uk/wp-content/uploads/2020/09/Family-and-Friends-Leaflet-min.pdf>

Video - Dr. Pooky Knightsmith – What not to do if your child is self harming

<https://www.youtube.com/watch?v=gfRwez8ergg>

Information on suicide

Suicide by children and young people. National Confidential Inquiry into Suicide and Homicide by People with Mental Illness (NCISH). Manchester: University of Manchester, 2017.

<https://sites.manchester.ac.uk/ncish/reports/suicide-by-children-and-young-people/>