



Wellbeing over the summer holidays

Dear parents and carers,

Now that the end of the school year is near, it is time for our pupils to relax and enjoy the summer. However, sometimes change can be overwhelming especially in these challenging times so here are some ways for you to support your child in managing their fears and anxieties in the upcoming period.

Identify triggers

The first thing to do in managing anxiety is to identify what triggers them. Help your child to understand their triggers so that they can practice calming strategies before they become overwhelmed.

Encourage exercise

Some exercise can help to clear the mind. Try to encourage your child to take part in at least 15 minutes of exercise per day. This can be anything from taking a walk to partaking in a more rigorous activity.

Breathing exercises

Controlled breathing gives a feeling of calm and relaxation and can be used anywhere. Try looking at different techniques with your child so that they can practice to use these techniques.

Listen to a podcast

There is a podcast that serves every need and purpose, so if your child is interested in music, sport, interviews with personalities or popular culture, you will find a podcast that is perfect for them.

Talk to them

Encourage them to be open and honest about their anxieties and work through them together where you can. Do not be afraid to seek help where necessary to support them and you.

We've put together some resources to help you to support your child. We hope you find this information helpful.

Kind regards,

Penketh Welfare Team



Wellbeing

CAMHS resources

A really helpful website which includes downloadable self-help activities, information guides, videos, apps and more

<https://www.camhs-resources.co.uk>

Action for Happiness – Coping Calendar

A monthly release with daily ideas for activities and coping techniques

<https://www.actionforhappiness.org/calendars>

Apps for Wellbeing and Mental Health

Stop, Breathe and Think App

Check in with how you're feeling and try short activities tuned to your emotions

<https://www.stopbreathethink.com>

Smiling Mind App

A great app with age specific mindfulness resources, including the new resource "Thrive Inside" – this is a special program to help you stay psychologically healthy while spending longer periods of time inside.

<https://www.smilingmind.com.au>

Helpful Articles

The discomfort you're feeling is grief

<https://hbr.org/2020/03/that-discomfort-youre-feeling-is-grief>



Telephone Helplines

ORGANISATION	CONTACT INFORMATION
<p>Shout Free, confidential support via text, available 24/7</p>	<p>Text SHOUT to 85258 in the UK to text with a trained crisis volunteer who'll provide active listening and collaborative problem-solving</p>
<p>The Mix Free confidential telephone helpline and online service that aims to find young people the best help, whatever the problem</p>	<ul style="list-style-type: none"> • Call 0808 808 4994 for free (11am to 11pm daily) • Access the online community • Email The Mix
<p>ChildLine Confidential telephone counselling service for any child with a problem</p>	<ul style="list-style-type: none"> • Call 0800 1111 any time for free • Have an online chat with a counsellor (9am to midnight daily) • Check out the message boards
<p>Winston's Wish - Supports bereaved children, young people and their families</p>	<ul style="list-style-type: none"> • Call 08088 020021 <p>https://www.winstonswish.org</p>
<p>Mental Health Foundation Provides information and support for anyone with mental health problems or learning disabilities</p>	<p>Website: www.mentalhealth.org.uk</p>
<p>Mind A mental health charity</p>	<p>Phone: 0300 123 3393 (Monday to Friday, 9am to 6pm)</p> <p>Website: www.mind.org.uk</p>
<p>PAPYRUS Youth suicide prevention society</p>	<p>Phone: 0800 068 4141 (Monday to Friday, 9am to 10pm, and 2pm to 10pm on weekends and bank holidays)</p> <p>Website: www.papyrus-uk.org</p>
<p>Samaritans Confidential support for people experiencing feelings of distress or despair</p>	<p>Phone: 116 123 (free 24-hour helpline)</p> <p>Website: www.samaritans.org.uk</p>
<p>SANE Emotional support, information and guidance for people affected by mental illness, their families and carers</p>	<p>Website: www.sane.org.uk/support</p>



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<p>YoungMinds A charity dedicated to children’s mental health</p>	<p>Phone: Parents' helpline 0808 802 5544 (Monday to Friday, 9.30am to 4pm) Website: www.youngminds.org.uk</p>
<p>Cruse Bereavement Care Support for grief and bereavement</p>	<p>Phone: 0808 808 1677 (Monday to Friday, 9.30am to 5pm) Website: www.cruse.org.uk</p>
<p>Kooth online Kooth is a provider of online mental health services for children, young people and adults.</p>	<p>Website: https://www.kooth.com</p>
<p>Stay Alive App Designed for people who feel suicidal and for those concerned about someone else’s suicidal thoughts. It includes details of local and national crisis services, along with advice on helping someone else, suicide myth-busting and a safety plan.</p>	<p>You can download the free app on IOS or Android. For further details visit https://www.prevent-suicide.org.uk/find-help-now/stay-alive-app/</p>
<p>Suicide Bereavement support If you have been bereaved by suicide then these services can help you find support</p>	<p>SOBS: https://www.uk-sobs.org.uk Helpline 0300 111 5065, 9am to 9pm Mon-Fri AMPARO: https://listening-ear.co.uk/amparo/ Helpline 0330 088 9255</p>
<p>Happy, Ok, Sad For information about mental health support services in Warrington and what to do if you can't cope</p>	<p>Website: http://www.happyoksad.org.uk/</p>
<p>CALM (Campaign Against Living Miserably) CALM phonenumber & webchat, 365 days, 5pm to midnight for men who want to talk things through</p>	<p>CALM runs an anonymous & confidential helpline & webchat service for men 5pm to midnight Tel: 0800 58 58 58 Website: https://www.thecalmzone.net</p>
<p>NSPCC Child protection charity</p>	<p>Phone: 0808 800 5000 for adults concerned about a child (24-hour helpline) 0800 1111 for children (ChildLine’s 24-hour helpline) Website: www.nspcc.org.uk</p>



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<p>Refuge Advice on dealing with domestic violence</p>	<p>Phone: 0808 2000 247 (24-hour helpline) Website: www.refuge.org.uk</p>
<p>The Men's Advice Line For male domestic abuse survivors</p>	<p>Tel: 0808 801 0327</p>
<p>National LGBT+ Domestic Abuse Helpline</p>	<p>Tel: 0800 999 5428</p>
<p>National Domestic Violence Helpline</p>	<p>Tel: 0808 2000 247</p>
<p>The Mix Free information and support for under 25s in the UK</p>	<p>Tel: 0808 808 4994</p>
<p>Women's Aid Live Chat Information and support for women experiencing domestic violence</p>	<p>https://chat.womensaid.org.uk https://www.womensaid.org.uk/covid-19-coronavirus-safety-advice-for-survivors</p>
<p>North West Boroughs Healthcare 24/7 Mental Health crisis line for residents in Warrington, Halton, Knowsley, St Helens</p>	<p>01925 275309</p>
<p>Warrington Borough Council Coronavirus helplines for people who need support to stay at home</p>	<p>01925 442441 or 01925 442443 Website: https://www.warrington.gov.uk/help-and-support-vulnerable-people-Coronavirus</p>
<p>Warrington Voluntary Action Support for residents</p>	<p>01925 443322 Email: contact@warrington.gov.uk</p>
<p>Warrington Foodbank If you need emergency food please contact the foodbank directly</p>	<p>Tel: 0758308521 or 07925937659 Website: https://warrington.foodbank.org.uk</p>
<p>St Joseph's Family Centre Emergency food parcels</p>	<p>Email: contact@sjfc.org.uk Tel: 01925 635448</p>



ORGANISATION	CONTACT INFORMATION
<p>Talking Matters Warrington (IAPT)</p> <p>Support with mental health matters such as depression, anxiety, panic, phobia, obsessive compulsive disorder (OCD) or post-traumatic stress disorder (PTSD)</p>	<p>Tel: 01925 401720</p> <p>Website: https://www.mhm.org.uk</p>
<p>Chatterpack</p> <p>A list of free online resources for anyone who is isolated at home</p>	<p>Website: https://chatterpack.net/blogs/blog/list-of-online-resources-for-anyone-who-is-isolated-at-home</p>
<p>Adam – Youthworker (YFC)</p> <p>Adam is online on Instagram for pupils who may need to chat. He cannot follow pupils but they can contact him to book a time to chat</p>	<p>Instagram: @adam_youthworker</p> <p>Online Monday – Friday 10am – 4pm</p>
<p>ADDvanced Solutions</p> <p>ADDvanced Solutions Community Network encourages, equips and empowers children, young people and their families living with neurodevelopmental conditions, learning difficulties and associated mental health needs.</p>	<p>Call 01925 320863 from 9am-5pm Monday to Friday, or email us at info@advancedsolutions.co.uk</p> <p>https://www.advancedsolutions.co.uk</p>