

LIST OF USEFUL WEBSITES – FOR SCHOOLS & PROFESSIONALS

Mentally Healthy Schools

<https://www.mentallyhealthyschools.org.uk/resources/>

An actual treasure trove of resources and ideas! You can filter by audience, theme, key stage, resource type, etc. Lots of 'Practical tips for...' type resources, particularly for school staff and parents. If you register for a free account, you can easily save resources to come back to later!

TES

<https://www.tes.com/teaching-resources>

Resources for teachers created by teachers. Can search for relevant topics like staff wellbeing, emotional regulation, supporting transition, etc. Good for activities, posters, editable resources and lesson/assembly plans and slides – search for free resources only!

Young Minds

<https://youngminds.org.uk/resources/>

Great resources for young people, parents and staff divided by topic and age group. Lots of video clips on different topics that could be used effectively in presentations.

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Anna Freud Centre: Schools in Mind

<https://www.annafreud.org/what-we-do/schools-in-mind/>

Think we all know about this one but still good to bear in mind. Great resources videos to share with pupils, school staff and parents. Particularly relevant at the moment is their wealth of Coronavirus resources. <https://www.annafreud.org/coronavirus-support/>

The National Attention Deficit Disorder (information and support service)

www.addiss.co.uk

Newsletters and resources

Charlie Waller Memorial Trust

<https://charliewaller.org/>

Emotional wellbeing resources for Parents/Carers, Children & Young People and Professional