



# WELLBEING LINKS

## WAYS TO INCREASE YOUR WELLBEING

During these unusual and challenging times our priority is keeping our loved ones, colleagues and community physically safe. Along with physical health we must also focus on mental and emotional health.

The following links are approved websites for both parents and children. They provide easy to follow advice, strategies that can be applied and further links to specific areas of wellbeing.

NHS Relaxation Techniques:

<https://www.cntw.nhs.uk/resource-library/relaxation-techniques/> - many audio files (in both male and female voices) using various relaxation techniques

Mental Health Foundation Podcasts:

<https://www.mentalhealth.org.uk/podcasts-and-videos/podcasts-for-your-wellbeing> - different podcasts relating to all areas of wellbeing

Mental Health Foundation:

<https://mentalhealth.org.uk/tags/sleep> - information and resources to aid a restful sleep

A list of books providing information for managing mental health conditions or dealing with difficult feelings/experiences

[https://traresources.s3.amazonaws.com/uploads/entries/document/2810/RWMH\\_Overview\\_of\\_the\\_titles.pdf](https://traresources.s3.amazonaws.com/uploads/entries/document/2810/RWMH_Overview_of_the_titles.pdf)

Reading Well book list: [https://traresources.s3.amazonaws.com/uploads/entries/document/4169/RWC\\_Overview\\_of\\_the\\_titles\\_Feb2020.pdf](https://traresources.s3.amazonaws.com/uploads/entries/document/4169/RWC_Overview_of_the_titles_Feb2020.pdf) - list of books to

@ Young Minds UK – **Young Adult helpline**

☎ Text YM to 85258

🌐 [www.youngminds.org.uk](http://www.youngminds.org.uk)

@ Young Minds UK – **Parent Helpline**

☎ 0808 802 5544

🌐 [www.youngminds.org.uk/contact-us/parents-helpline-enquiries/](http://www.youngminds.org.uk/contact-us/parents-helpline-enquiries/)



TALK & LISTEN,  
BE THERE,  
FEEL CONNECTED



DO WHAT YOU CAN,  
ENJOY WHAT YOU DO,  
MOVE YOUR MOOD



REMEMBER  
THE SIMPLE  
THINGS THAT  
GIVE YOU JOY



EMBRACE NEW  
EXPERIENCES,  
SEE OPPORTUNITIES,  
SURPRISE YOURSELF



Your time,  
your words,  
your presence



help younger children understand their mental health and wellbeing

One You workout videos: <https://www.nhs.uk/oneyou/for-your-body/move-more/home-workout-videos/> - three short workout videos

Young Minds Organisation – site for both young adults:  
<https://youngminds.org.uk/>  
Young Minds Parent Helpline – open from 9-4 everyday:  
0808 802 5544

Childline 1-2-1 Counsellor Chat -  
<https://www.childline.org.uk/get-support/1-2-1-counsellor-chat/> - confidential access to a Childline Counsellor online

Childline support for pupils who are off school:  
<https://www.childline.org.uk/info-advice/your-feelings/anxiety-stress-panic/worries-about-the-world/coronavirus/>

CALM works with young men and provide information advice and support via a free helpline and website.  
<https://www.thecalmzone.net/>

NHS Guide for young adults when worried or stressed:  
<https://www.moodcafe.co.uk/media/42450/153-ru-worried-7-16-1-.pdf>

Mind for Better Health:  
<https://www.mindcharity.co.uk/advice-information/how-to-look-after-your-mental-health/apps-for-wellbeing-and-mental-health/>

Pupils and parents can still contact the school via:

**Web address:** [www.gryffehigh.com](http://www.gryffehigh.com)

**Phone:** 0300 300 1323

**Pupil Support Staff/SMT:** Email addresses on SMHW documentation

Remember to download the SMHW app to receive regular school announcements.



@ ChildLine

08001111

childline.org.uk