



# Children's Mental Health Week 2021

Toolkit for Children and Parents

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Children's Mental Health Week shines a light on the importance of children and young people's mental health.

As the UK closes its school gates once more, most parents will be under pressure to juggle working-from-home with homeschooling. This can take a toll on the mental health of both children and parents.

Use this free guide signposting to useful resources to help you cope - from charities to helplines.



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## Free Resources for Parents

SEE BELOW



# Resources for Parents

The coronavirus pandemic is having a huge impact on parents. Many of us are at home with babies, toddlers, children and teenagers. It's now extremely challenging to balance work while supporting your family.

Whatever your circumstances, this period will likely be tougher on your mental health. With that in mind, these resources are for parents – to support their mental health and that of their families. If you're struggling, you're not alone.

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**Talk to your school:** Parents should contact their child's school if they have worries about homeschooling or if their child is struggling with their wellbeing.

- Tell someone you trust\*
- Talk to your GP\*

\*Source: <http://bit.ly/2L3GjZQ>



- i Place2Be
- 🌐 <http://bit.ly/2Mw8Zei>

For homeschooling and working during lockdown:



- i Twinkl
- 🌐 <http://bit.ly/3onSOYU>



- i Scope
- 🌐 <https://bit.ly/39rAZbR>



- i Samaritans
- 🌐 <http://bit.ly/3cnca2Y>

- i NHS
- 🌐 <https://bit.ly/3ptKRHW>
- i Penumbra (Scotland)
- 🌐 <https://bit.ly/36iOvwH>

- i NSPCC
- 🌐 <http://bit.ly/3r04V4W>
- i CALM
- 🌐 <https://bit.ly/3j2dqJV>

- i Childline Parent Talk
- 🌐 <http://bit.ly/2L05VGZ>
- i Samaritans
- 🌐 <http://bit.ly/3taqBAc>

- i Family Lives
- 🌐 <http://bit.ly/2Mvin1L>
- i Shout
- 🌐 <http://bit.ly/3ahc8qn>

# WE'RE PROUD TO SUPPORT



## YOUNGMINDS



**YoungMinds** <http://bit.ly/3a7v36Y>

## childline

**Childline** <http://bit.ly/3cnLG1k>



**PAPYRUS UK** <http://bit.ly/3oIYkOG>



**CALM** <http://bit.ly/3pvLQHA>

## THE MIX

**The Mix** <http://bit.ly/39uf2TC>



**Samaritans** <http://bit.ly/39sagvL>



**Shout** <http://bit.ly/3ahc8qn>

## Resources for Children

With a recent study from the Mental Health Foundation\* finding increased levels of distress, worry and anxiety in children during coronavirus, it's clear that our young people need urgent support.

\* Source: <https://bit.ly/39tUzV9>

Children may be feeling increasingly lonely and worried about school and the future. But there are organisations offering support at this critical time. Whether you're a young person, or a parent concerned for their child, consider these resources.

- **Tell someone you trust\***
- **Talk to your GP\***

\* Source: <http://bit.ly/2L3GjZQ>

# Resources for Disabled and Neurodiverse Children

Children with special educational needs and disabilities may face many challenges in their day-to-day lives because of coronavirus. Routines, support and the people they see are likely now very different.

If you are a parent or carer, you may feel concerned about how the new lockdown will affect your child. Every child is different and will have different needs. Luckily, support is out there to provide advice and help.

## WE'RE PROUD TO SUPPORT



**SCOPE** Equality for disabled people

- Scope**
- <http://bit.ly/2NQa0Pb>



- Autism.org.uk**
- <http://bit.ly/3agdW3a>

## NSPCC

- NSPCC**
- <http://bit.ly/3t6KOiy>

## contact

- Contact**
- <https://bit.ly/3r2Qux3>



- ADHD Foundation**
- <http://bit.ly/2YqVteQ>



- Council for  
Disabled Children**
- <http://bit.ly/2NHemYx>

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