



Department
for Education

Mental Health and Wellbeing Resources

**for schools and colleges, parents/carers
and children and young people**

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Contents

Summary	4
Mental health and wellbeing resources for schools and colleges	5
If a student needs urgent advice or support	5
General mental health and wellbeing support, building resilience and staying well	7
Dealing with loss and bereavement	9
Dealing with bullying	10
Building positive connections	11
Staying safe online	12
Improving the quality of sleep	12
Supporting the transition to secondary school and college	13
Support for vulnerable children	14
Mental health and wellbeing resources for parents/carers and children and young people	17
If you need urgent advice or support	17
General mental health and wellbeing support, building resilience and staying well	20
Dealing with loss and bereavement	21
Dealing with bullying	21
Improving the quality of sleep	22
Supporting the transition to secondary school and college	23
Support for vulnerable children	25
Summary of support	26
How to contact	26
Age range	26
A guide for parents/carers on supporting your child if they are anxious about attending school, including working together with the school and other services	26
School Anxiety and Refusal Parent Guide to Support YoungMinds	26
All age ranges	26
A BBC parents' toolkit on how parents can help their child if they are anxious about attending school	26
School anxiety and refusal: How parents can help their child get through tough times - BBC Parents' Toolkit - BBC Bitesize	26
All ages ranges	26
Information to help you understand more about EBSA and its causes	26

What is Emotionally Based School Avoidance? (local-offer.org)

26

All age ranges

26

Summary

This publication provides non-statutory guidance from the Department for Education. It has been produced to help teachers and teaching staff in schools, colleges and FE providers, parents/carers and children and young people with sources of mental health and wellbeing support to assist them to get the help and support they may need.

Children and young people can experience a variety of emotions such as anxiety, stress or low mood that can impact on their wellbeing and mental health and make it difficult for them to attend school and/or engage in learning. Often, education staff are the first people to notice when something is wrong.

Schools and colleges play a key role in supporting their pupils' and students' mental health and wellbeing through the provision of pastoral support. There are a range of resources available to schools and colleges that can complement in-school/college provision.

We have pulled together some useful links and sources of support to help you navigate the range of support available which will help ensure pupils and students' get the advice and help they need beyond that provided in school/college. We have also provided a [list of resources](#) for you to pass on to your pupils and students, and their parents/carers, to enable them to seek support on a range of issues independently if they would like to. You can adapt this list to suit individual needs and put it into your own school or college template so it's in a format pupils and students are used to.

Teachers and teaching staff should also prioritise looking after their own wellbeing and mental health. Every Mind Matters campaign [self-care tool](#) offers free online action plan, approved by the NHS, that offers simple steps you can take to care for your own mental health. The tool can help to deal with stress and anxiety, boost mood, improve sleep quality and take control of your wellbeing.

As well as the resources referred to in this guidance, you can also refer children and young people to local children and young people's mental health services (CYPMH services). Children and young people or their parents or carers can contact their GP or refer to NHS 111 online to find out about the support available through CYPMH services. Local CYPMH services will also have information on access on their websites, many offer self-referral or single points of access.

Please note, the resources listed below, and any associated products have not been produced or quality assured by DfE unless otherwise stated. Schools should always assess resources produced by external agencies carefully to ensure they are factually accurate, age appropriate, and in line with your school's legal duties in relation to political impartiality.

Mental health and wellbeing resources for schools and colleges

If a student needs urgent advice or support

Summary of support	Contact details	Link	Age range
BEAT's Youthline offers support to children and young people with an eating disorder.	Website, online chat and phone	Beat Eating Disorders Helpline BEAT: Worried about a Pupil School Staff – training courses	All age groups
ChildLine is the UK's free, confidential helpline for children and young people. They offer advice and support, by phone and online, 24 hours a day. Teachers can signpost to ChildLine.	Phone, website and online 1-2-1 chat	Childline or call free on 0800 1111. open 24 hours, 7 days a week	All age ranges
Educational Action Challenging Homophobia (EACH) offers advice and support online and through their freephone Helpline for children experiencing homophobic, biphobic or transphobic bullying or harassment.	Website and phone	EACH: School and college training or call free on 0808 1000 143 open Monday to Friday 9am to 4.30pm.	All age ranges
MindEd a free educational resource from Health Education England providing educational material about children and young people's mental health	Website	MindEd Resilience Hub	All age groups

<p>Papyrus (Prevention of Young Suicide) provides advice and support for professionals supporting young people who feel like they want to take their own life, through online support and resources.</p>	<p>Website, phone and text</p>	<p>I'm A Professional Papyrus UK Suicide Prevention Charity (papyrus-uk.org)</p> <p>HOPELineUK, call free on 0800 068 41 41</p> <p>pat@papyrus-uk.org</p>	<p>All age groups</p>
<p>Samaritans are an organisation you can ring at any time of the day or night. Teachers can signpost Samaritans.</p>	<p>Phone or email</p>	<p>Contact Us Samaritans</p> <p>Call free on 116 123 open 24 hours, 365 days a year Email: jo@samaritans.org</p>	<p>All age groups</p>

General mental health and wellbeing support, building resilience and staying well

Summary of support	Contact details	Link	Age range
<p>Anna Freud National Centre for Children and Families provides support to schools, colleges and education professionals through online advice, guidance and resources.</p> <p>Schools in Mind is a free network for education professionals which shares practical, academic and clinical expertise about mental health and wellbeing in schools and FE colleges.</p>	Website	Mental Health Resource for Schools & Colleges Anna Freud Centre	All age groups
<p>Charlie Waller Trust offers advice, guidance and resources for schools and education professionals to support children and young people's mental health and wellbeing.</p>	Website	Training and advice for educators Charlie Waller Trust Free practical mental health resources Charlie Waller Trust	All age groups
<p>PHE School Zone mental wellbeing top tips provides advice for teachers on supporting parents and carers with the mental wellbeing of their children, including the importance of routine and normalising discussions around mental wellbeing.</p>	Website	Mental wellbeing Top tips PHE School Zone	All age ranges
<p>Now and Beyond the UK's first multidisciplinary directory for children and young people's mental health and wellbeing providers. Includes information about locally available services.</p>	Website	Now and beyond Now and beyond: help and support	All age ranges

<p>PHE Every Mind Matters provides resources to support teaching of PSHE, RHE and RSHE to upper KS2, KS3 and KS4 students, with flexible, ready-to-use content co-created with teachers, and young people.</p>	<p>Website</p>	<p>Mental wellbeing Overview PHE School Zone</p>	<p>Aged 10 to 16</p>
<p>PHE exam stress lesson plan pack helps students identify the signs and symptoms of exam stress and develop stress management strategies.</p>	<p>Website</p>	<p>Exam stress lesson plan pack PHE School Zone</p>	<p>11 to 16 year olds</p>
<p>PHE School Zone physical and mental wellbeing year 6 lesson plan explores the connection between physical and mental wellbeing and asks students to think about how eating well, moving more and sleep can affect mental wellbeing.</p>	<p>Website</p>	<p>Physical and mental wellbeing Year 6 lesson plan PHE School Zone</p>	<p>10 to 11 year olds</p>
<p>PHE School Zone physical and mental wellbeing KS3 and KS4 lesson plan explores the connection between physical and mental wellbeing. Slide 10 asks students to create a diagram showing factors that could promote good physical and mental wellbeing, including sleep.</p>	<p>Website</p>	<p>Physical and mental wellbeing KS3 and KS4 lesson plan PHE School Zone</p>	<p>11 to 16 year olds</p>
<p>PHE School Zone what to do about worry year 6 lesson plan pack includes the worry tree, a tool to support young people to combat worries.</p>		<p>What to do about worry – Year 6 lesson plan pack PHE School Zone</p> <p>The worry tree – KS3 and KS4 activities PHE School Zone</p>	<p>10 to 11 year olds</p> <p>11 to 16 year olds</p>

PHE School Zone puberty lesson plan pack explores physical changes that occur during puberty and the effect these can have on an individual's emotions, identity and sexuality.		Puberty lesson plan pack PHE School Zone	11 to 14 year olds
Young Minds offers resources and materials for teachers and school staff to build their skills and make mental health and wellbeing a core, rewarding part of their job.	Website and a 24/7 text service	School Resources — YoungMinds	All age groups
Young Minds Professionals is a toolbox for leaders and front-line workers across the children's mental health system.	Website and text service	Resources For Professionals Working With Young People YoungMinds	All age groups

Dealing with loss and bereavement

Summary of support	Contact details	Link	Age range
The Childhood Bereavement Network includes support, advice and resources on supporting a bereaved child or young person.	Website	Childhood Bereavement Network	All age groups

Dealing with bullying

Summary of support	Contact details	Link	Age range
Anti-Bullying Alliance are a unique coalition of organisations and individuals, working together to achieve our vision to stop bullying and create safer environments in which children and young people can live, grow, play and learn. They provide expertise in relation to all forms of bullying between children and young people.	Website	Mental Health (anti-bullyingalliance.org.uk) Top tips for teachers (anti-bullyingalliance.org.uk)	All age ranges
PHE School Zone bullying and cyberbullying lesson plan pack examines the meaning and impact of bullying, discover ways of responding to this type of behaviour.	Website	Bullying and cyberbullying lesson plan pack PHE School Zone	11 to 16 year olds
PHE School Zone forming positive relationships lesson plan pack explores the qualities that make for good friendships.	Website	Forming positive relationships lesson plan pack PHE School Zone	11 to 16 year olds
PHE School Zone online stress and FOMO lesson plan pack includes a link to the Young Voices Online Bullying video on YouTube.	Website	Online stress and FOMO lesson plan pack PHE School Zone	11 to 16 year olds
PHE School Zone forming positive relationships lesson plan pack explores the qualities that make for good friendships.	Website	Forming positive relationships lesson plan pack PHE School Zone	11 to 16 year olds
PHE School Zone alcohol lesson plan pack - page 1 of the lesson plan pdf includes a link to the Rise Above film - advice on pressure and role models on YouTube.	Website	Alcohol lesson plan pack PHE School Zone	11 to 16 year olds
Preventing and tackling bullying advice for headteachers, staff and governing bodies.	Website	Preventing and tackling bullying	All age range

Kidscape has advice and practical tips to support adults working with children on dealing with bullying and cyberbullying.	Website	Kidscape – advice for adults working with children	All age ranges
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Building positive connections

Summary of support	Contact details	Link	Age range
PHE School Zone building connections year 6 lesson plan pack - teachers can support pupils to explore the meaning of loneliness and connection.	Website	Building connections – Year 6 lesson plan pack PHE School Zone	10 to 11 year olds
PHE School Zone forming positive relationships lesson plan pack allows teachers to examine with their students the nature of friendships, identify some of the challenges that can arise and think about how to provide effective peer support.	Website	Forming positive relationships lesson plan pack PHE School Zone	11 to 16 year olds
PHE School Zone online stress and FOMO lesson plan pack supports lessons around the core themes of health and wellbeing and relationships. Slide 5 links to a film which explores the way social media can create ‘FOMO’ a fear of missing out. Slides 7 and 8 invite students to think about the characteristics of real-life friends contrasted with online friends.	Website	Online stress and FOMO lesson plan pack PHE School Zone	11 to 16 year olds
PHE School Zone social media year 6 lesson plan pack slide 10 links to a film exploring the benefits and challenges of connecting on social media.	Website	Social media – Year 6 lesson plan pack PHE School Zone	10 to 11 year olds

PHE School Zone social media KS3 and KS4 lesson plan pack explores the topic of social media, and learn actions a person can take to look after their wellbeing online and offline.	Website	Social media – KS3 and KS4 lesson plan pack PHE School Zone	11 to 16 year olds
PHE School Zone physical and mental wellbeing KS3 and KS4 lesson plan slide 5 features the ‘five ways to wellbeing’ including the first way, connect with people.	Website	Physical and mental wellbeing KS3 and KS4 lesson plan PHE School Zone	11 to 16 year olds

Staying safe online

Summary of support	Contact details	Link	Age range
PHE School Zone bullying and cyberbullying lesson plan pack for KS3 & KS4 examines the meaning and impact of bullying and cyberbullying.	Website	Bullying and cyberbullying lesson plan pack PHE School Zone	11 to 16 year olds
PHE School Zone online stress and FOMO lesson plan pack is suitable for key stage 3 and 4.	Website	Online stress and FOMO lesson plan pack PHE School Zone	11 to 16 year olds
PHE School Zone social media lesson plan pack – slide 11 asks students to think about some of the potential benefits and challenges of using social media.	Website	Social media – KS3 and KS4 lesson plan pack PHE School Zone	11 to 16 year olds

Improving the quality of sleep

Summary of support	Contact details	Link	Age range
Teen Sleep Hub offers advice, support and tips on achieving a good night's sleep. They have information and resources for secondary schools.	Website	Schools - Teen Sleep Hub	11 to 16 year olds

PHE Every Mind Matters lesson plan on mental wellbeing, which includes different elements of physical wellbeing, including getting active, eating well and getting good quality sleep.	Website	Physical and mental wellbeing Year 6 lesson plan PHE School Zone	10 to 11 year olds
PHE School Zone sleep – KS3 and KS4 lesson plan pack exploring the benefits of good quality sleep for KS3 and KS4.	Website	Sleep – KS3 and KS4 lesson plan pack PHE School Zone	11 to 16 year olds

Supporting the transition to secondary school and college

Summary of support	Contact details	Link	Age range
Anna Freud have produced an evidence-based guidance for parents and carers, written with input from clinicians at the centre and teachers. Includes tips about how children preparing for, or going through, the transition to secondary school can best be supported by their parents and carers.	Website	Anna Freud: supporting children's transition to secondary school	Age 11 upwards
Charlie Waller Trust offers advice, guidance and resources for schools and education professionals to support children and young people's mental health and wellbeing.	Website	Training and advice for educators Charlie Waller Trust Free practical mental health resources Charlie Waller Trust	All age groups
PHE transition to secondary school explores the transition to secondary school and identify strategies to deal with change.	Website	Transition to secondary school PHE School Zone	10 to 11 year olds

<u>PHE School Zone dealing with change lesson plan pack</u> explores expected and unexpected changes students might come across (for, example exams, friendships, puberty) and the different ways of managing change	Website	Dealing with change lesson plan pack PHE School Zone	11 to 16 year olds
<u>PHE School Zone what to do about worry year 6 lesson plan pack</u> includes the worry tree, a tool to support young people to combat worries.	Website	What to do about worry – Year 6 lesson plan pack PHE School Zone	10 to 11 year olds

Support for vulnerable children

Summary of support	Contact details	Link	Age range
Barnardo's Education Community is an online resource to help support teachers, lecturers and staff working in the education sector. A 'one stop shop' where educators can go for trauma-informed resources, support and advice about how to help children and young people cope with any issues they are experiencing.	Website	Barnardo's Education Community https://www.barnardos.org.uk/see-hear-respond	All age ranges
The Whole School SEND website is a good source of information for professionals, containing resources on responding appropriately to children and young people with SEND with emotional wellbeing needs.	Website	Whole School SEND Home Page Whole School SEND	All age ranges

Supporting attendance linked to emotionally based school avoidance (EBSA)

<u>Summary of support</u>	<u>Contact details</u>	<u>Link</u>	<u>Age range</u>
<u>An explanation of what emotionally based school avoidance is, including information about causes and prevalence</u>	<u>website</u>	<u>What is Emotionally Based School Avoidance? (local-offer.org)</u>	<u>All age ranges</u>
<u>Evidence based strategies to support EBSA and improve attendance</u>	<u>website</u>	<u>5 School Wide Strategies To Support EBSA and Improve Attendance (edpsyched.co.uk)</u>	<u>All ages ranges</u>
<u>A resource for school leaders, senior mental health leads and classroom teachers, about addressing EBSA</u>	<u>website</u>	<u>addressing-emotionally-based-school-avoidance (595x841) - Frontify (annafreud.org)</u>	<u>All ages ranges</u>
<u>Evidence based strategies and toolkit to address EBSA</u>	<u>website</u>	<u>Primary-Strategies-and-Toolkit-Final.pdf (brighterfuturesforchildren.org)</u>	<u>Primary</u>
<u>Helpful EBSA guidance for schools, settings and support agencies, written by Wakefield Council.</u>	<u>Website</u>	<u>EBSA guidance</u>	<u>All ages ranges</u>

<u>Guide for professionals from Solihull metropolitan borough council</u>	<u>Website</u>	<u>EBSA guide for professionals</u>	<u>All age ranges</u>
<u>Attendance training and toolkit resources</u>	<u>Website</u>	<u>Resources form Bromley Education Matters</u>	<u>All age ranges</u>

Mental health and wellbeing resources for parents/carers and children and young people

We know that children and young people can experience anxiety, stress or low mood and that sometimes this impedes learning and attendance .. We have put together some useful links and sources of support so that you get the advice and help you need when these emotions feel overwhelming.

If you need urgent advice or support

Summary of support	How to contact	Age range
Anna Freud National Centre for Children and Families provides a Crisis Messenger Service which is free, confidential, 24/7 text message support service for anyone who is feeling overwhelmed or is struggling to cope.	AFC Crisis Messenger Anna Freud Text: AFC to 85258	All age groups
BEAT's Youthline offers support to children and young people with an eating disorder.	Website and online chat: https://www.beateatingdisorders.org.uk/support-services/helplines Phone free from 3pm to 8pm, 7 days a week on : 0808 801 0677 Email: help@beateatingdisorders.org.uk	All age groups
ChildLine is the UK's free, confidential helpline for children and young people. They offer advice and support, by phone and online, 24 hours a day. Whenever and wherever you need them, they'll be there.	Website and online chat: Childline Childline Phone: 0800 1111, open 24 hours, 7 days a week	All age ranges
Educational Action Challenging Homophobia (EACH) offers advice and support online and through their freephone Helpline for children experiencing homophobic, biphobic or transphobic bullying or harassment.	Website: Homophobic Transphobic Helpline - EACH EACH Phone free on 0808 1000 143 , open Monday to Friday 9am to 4:30pm.	All age ranges

<p>Hope Again is the youth website of Cruse Bereavement Care. They provide advice for any young person dealing with the loss of a loved one.</p>	<p>Website: Hope Again</p> <p>Phone: 0808 808 1677, open Monday to Friday 9.30am to 3pm</p> <p>Email: helpline@cruse.org.uk</p>	<p>All age groups</p>
<p>Papyrus (Prevention of Young Suicide) provides advice and support for young people who feel like they want to take their own life, all their advice is confidential.</p>	<p>Website: Papyrus UK Suicide Prevention Prevention of Young Suicide (papyrus-uk.org)</p> <p>Phone HOPELINE247 free on 0800 068 41 41, Lines are open 24 hours every day of the year (Weekends and Bank Holidays included)</p> <p>Text: 07860 039967</p>	<p>All age groups</p>
<p>Samaritans are an organisation you can ring at any time of the day or night. They'll help you and listen to how you're feeling.</p>	<p>Phone free 24 hours a day, 365 days a year on 116 123</p> <p>Email: jo@samaritans.org</p>	<p>All age groups</p>
<p>Shout provides free, confidential, 24/7 text message support in the UK for anyone struggling to cope. They can help with issues including suicidal thoughts, depression, anxiety, panic attacks, abuse, self-harm, relationship problems and bullying.</p>	<p>Shout - UK's 24/7 Crisis Text Service for Mental Health Support Shout 85258 (giveusashout.org)</p> <p>Text 'Shout' to 85258 to get free advice from an empathetic, trained volunteer who will listen and work with you to solve problems.</p>	<p>All age groups</p>

<p>Student Space provides advice and information to help with the challenges of student life.</p>	<p>Website:, Home (studentspace.org.uk)</p> <p>Free 24/7 text service: Text: SHOUT to 85258</p> <p>Email: students@themix.org.uk</p> <p>You can also use their search tool to find the services available at your university.</p>	<p>18 to 21 years</p>
<p>Switchboard LGBT+ helpline is a safe space for anyone to discuss anything, including sexuality, gender identity, sexual health and emotional well-being. They help people to explore the right options for themselves through support on the phone and through email and instant messaging service.</p>	<p>Website and web chat: Homepage Switchboard</p> <p>Phone free on 0800 0119 100 from 10am to 10pm every day</p> <p>Email: hello@switchboard.lgbt</p>	<p>All age groups</p>
<p>The Mix is the UK's leading support service for young people. They offer help and support to help with any challenge children are facing from mental health to money, from homelessness to finding a job, from break-ups to drugs. Talk to them via their online community, on social, through their free, confidential helpline or counselling service.</p>	<p>Website and online chat: Get Support - The Mix</p> <p>Free text service, 24 hours a day, 7 days a week</p> <p>Text: THEMIX to 85258</p> <p>Email us - The Mix</p>	<p>All age groups</p>
<p>Young Minds Crisis Messenger provides free crisis support every day of the week, at any time day or night. All texts are answered by trained volunteers, with support from experienced clinical supervisors.</p>	<p>Website: YoungMinds Mental Health Charity For Children And Young People YoungMinds</p> <p>Text: SHOUT to 85258 (for urgent help 24 hours a day, 7 days a week)</p>	<p>All age groups</p>

General mental health and wellbeing support, building resilience and staying well

Summary of support	How to contact	Age range
<p>Anna Freud National Centre for Children and Families provide support to children and young people, sharing clear, simple advice and resources that have been co-produced with young people.</p>	<p>Websites: For children and young people Anna Freud</p> <p>Free text message service open 24 hours a week. Text: AFC to 85258</p>	All age groups
<p>BBC Bitesize offers support, advice and tips to children and young people on a host of areas including mental health, wellbeing, resilience, identity and healthy relationships.</p>	<p>Website: Wellbeing - Study support - BBC Bitesize</p>	All age groups
<p>Every Mind Matters have expert advice and practical tips to help you look after your mental health and wellbeing, including sleep, self-care, and dealing with change.</p>	<p>Website: Every Mind Matters - NHS (www.nhs.uk)</p>	All age groups
<p>Now and Beyond the UK's first multidisciplinary directory for children and young people's mental health and wellbeing providers. Includes information about locally available services.</p>	<p>Website: Help and support – Now and Beyond</p>	All age ranges
<p>Young Minds offers online information and support on mental health issues for children and young people and their parents/carers.</p>	<p>Website: YoungMinds Mental Health Charity For Children And Young People YoungMinds</p> <p>Free text message service open 24 hours a week. Text: SHOUT to 85258</p>	All age groups

Dealing with loss and bereavement

Summary of support	How to contact	Age range
<p>Anna Freud National Centre for Children and Families provide support to children and young people dealing with loss and bereavement and signposts to bereavement organisations and local support.</p>	<p>Websites: Dealing with loss and bereavement Anna Freud</p> <p>Free text message service open 24 hours a week. Text: AFC to 85258</p>	All age groups
<p>Hope Again is the youth website of Cruse Bereavement Care. It is a safe place where children and young people can learn from other young people, how to cope with grief, and feel less alone.</p>	<p>Website: Hope Again</p> <p>Phone free Monday to Friday 9:30am to 3pm on 0808 808 1677</p>	All age groups
<p>The Childhood Bereavement Network hub includes advice and guidance for bereaved children and young people, their families, and professionals supporting them.</p>	<p>Website: Childhood Bereavement Network</p>	All age groups

Dealing with bullying

Summary of support	How to contact	Age range
<p>Anti-Bullying Alliance are a unique coalition of organisations and individuals, working together to achieve our vision to stop bullying and create safer environments in which children and young people can live, grow, play and learn. They provide expertise in relation to all forms of bullying between children and young people.</p>	<p>Website: Tools & information (anti-bullyingalliance.org.uk)</p>	All age ranges

<p>ChildLine have a designated page for bullying issues that includes a video about building up your confidence after bullying.</p>	<p>Website and online chat: Bullying and cyberbullying Childline</p> <p>Free phone service open 24 hours a week on 0800 1111</p>	<p>All age ranges</p>
<p>Ditch the Label is a global youth charity, here to help young people aged 12 to 25 navigate the issues affecting them the most; from mental health and bullying to identity, Asian hate crimes and relationships.</p>	<p>Website and online forum: Ditch the Label Youth Charity Mental Health, Bullying & Relationships</p>	<p>12 to 25 years</p>
<p>Educational Action Challenging Homophobia (EACH) offers advice and support online for children experiencing homophobic, biphobic or transphobic bullying or harassment.</p>	<p>Website: EACH Educational Action Challenging Homophobia EACH</p> <p>Phone free on 0808 1000 143 open Monday to Friday 9am to 4pm.</p>	<p>All age ranges</p>
<p>Kidscape has advice and practical tips on dealing with bullying and cyberbullying and ways for young people to build their confidence.</p>	<p>Website: Help With Bullying (kidscape.org.uk)</p>	<p>All age ranges</p>
<p>Young Minds offers online information and advice on bullying for children and young people.</p>	<p>Website: Bullying How To Deal With Bullying and Getting Help YoungMinds</p> <p>Free text service open 24 hours a week: Text SHOUT to 85258</p>	<p>All age ranges</p>

Improving the quality of sleep

Summary of support	How to contact	Age range
<p>Every Mind Matters have expert advice and practical tips to help you look after your mental health and wellbeing, including sleep, self-care, and dealing with change.</p>	<p>Website: Every Mind Matters - NHS (www.nhs.uk)</p>	<p>All age groups</p>

<p>Teen Sleep Hub offers advice, support and tips on achieving a good night's sleep.</p>	<p>Website:</p> <p>Home - Teen Sleep Hub</p>	<p>Teens</p>
<p>Young Minds offers online information, advice and tips for children and young people having issues with sleep and how to get help.</p>	<p>Website:</p> <p>Sleep Problems Mental Health Support YoungMinds</p> <p>Free text service open 24 hours a week. Text: SHOUT to 85258</p>	<p>All age groups</p>

Supporting the transition to secondary school and college

Summary of support	How to contact	Age range
<p>BBC Bitesize offers support, advice and tips to children and young people on starting primary school, secondary school and options for college and university.</p>	<p>Websites:</p> <p>https://www.bbc.co.uk/bitesize/collections/starting-primary-school/1</p> <p>https://www.bbc.co.uk/bitesize/tags/zh4wy9q/starting-secondary-school/1</p> <p>Which could you choose in 2024: College, apprenticeship or uni? - Careers - BBC Bitesize</p>	<p>All age groups</p>
<p>Charlie Waller Trust have support, advice and tips for young people starting sixth form, college and university</p>	<p>Website: Guides for University Students for Mental Health at University (charliewaller.org)</p> <p>Stigma to strength podcast: Life transitions (charliewaller.org)</p>	<p>16+</p>

<p>Every Mind Matters have expert advice and practical tips to help you look after your mental health and wellbeing, including sleep, self-care, and dealing with change.</p>	<p>Website: https://www.nhs.uk/every-mind-matters/</p>	<p>All age groups</p>
<p>Student Space a range of trusted information, services, and tools to help you with the challenges of student life.</p>	<p>Website and webchat: Home (studentspace.org.uk)</p> <p>Free text service open 24 hours per week. Text: SHOUT to 85258</p> <p>You can also use their search tool to find the services available at your university.</p>	<p>18 to 21 years</p>
<p>The Mix offers advice and support for young people on the transition to university.</p>	<p>Website and online chat: Adjusting to university life How to look after yourself The Mix–</p> <p>Free text service open 24 hours a week Text: THEMIX to 85258</p> <p>Phone free on 0808 808 4994 open 4pm to 11pm</p>	<p>18 to 21 years</p>
<p>Young Minds provides a way young people can look after themselves whilst being at university.</p>	<p>Website: Looking after yourself at uni Mental health guide YoungMinds</p> <p>Text: YM to 85258</p>	<p>18 to 21 years</p>

Support for vulnerable children

Summary of support	How to contact	Age range
<p>Barnardo's See, Hear, Respond programme, focusses on finding and reaching out to vulnerable children around the country who are experiencing negative impacts on their health and wellbeing, as well as those at risk of harm.</p>	<p>Website: The impact of See, Hear, Respond England Barnardo's (barnardos.org.uk)</p> <p>Support for young people Barnardo's (barnardos.org.uk)</p>	<p>All age ranges</p>
<p>Everyone's Invited are a movement committed to eradicating rape culture.</p> <p>Trigger warning for the survivor testimonies: Rape and sexual assault abuse (physical, mental, emotional, verbal, sexual), eating disorders, self-harm, suicide or suicidal ideation, violence, child abuse and paedophilia.</p>	<p>Website: Everyone's Invited (everyonesinvited.uk)</p>	<p>All age groups</p>
<p>Make Our Rights Reality is a movement of young people demanding our rights. It's coordinated by Youth Access – a charity working for the rights of every young person to be able to get support when and where they need it.</p> <p>Through the Make Our Rights Reality movement, young people have set up the Our Minds Our Future campaign to demand young people's right to mental health be met.</p>	<p>Website: Make Our Rights Reality manifesto Youth Access</p>	<p>All age ranges</p>

Supporting attendance linked to emotionally based school avoidance (EBSA)

Summary of support	How to contact	Age range
A guide for parents/carers on supporting your child if they are anxious about attending school, including working together with the school and other services	School Anxiety and Refusal Parent Guide to Support YoungMinds	All age ranges
A BBC parents' toolkit on how parents can help their child if they are anxious about attending school	School anxiety and refusal: How parents can help their child get through tough times - BBC Parents' Toolkit - BBC Bitesize	All ages ranges
Information to help you understand more about EBSA and its causes	What is Emotionally Based School Avoidance? (local-offer.org)	All age ranges



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