



# Billingshurst Primary School

## Support for anxiety and wellbeing

Anxiety is any feeling of unease that affects our daily lives; it is the body's natural way of dealing with stress. Everyone has feelings of anxiety as some point in their lives but when the anxiety is persistent or impacts on our daily lives it may be time to look for advice on how will deal with the anxiety.

In our current climate, many children may feel strange to be at home and not be able to go about normal everyday life. Children (and you) may be worried about friends and family, especially whilst being prevented from seeing them. This can leave us all feeling very anxious and isolated.

As well as contacting school to talk to a member of staff, there are lots of organisations that can offer support to families:

<b>Support for adults to access for children (and themselves)</b>		
<b><u>Sussex Mental Health line</u></b>	0300 5000 101 <a href="https://sussexpartnership.nhs.uk">https://sussexpartnership.nhs.uk</a>	<b>The Sussex Mental telephone Healthline</b> offers crisis care 24/7 for people in urgent need of help with their mental health including stress, anxiety and depression. You do not need an appointment.
<b><u>Young Minds</u></b>	Parents Helpline 0808 802 5544 <a href="https://youngminds.org.uk">https://youngminds.org.uk</a>	<b>The Young Minds</b> resources library is full of useful resources, publications and toolkits to support children's and young people's mental health.
<b><u>Giveusashout</u></b>	Text shout to 85258 <a href="https://www.giveusashout">https://www.giveusashout</a>	<b>Shout</b> is the UK's first 24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help. Shout is powered by a team of volunteers.
<b><u>Coastal West Sussex Mind</u></b>	<a href="https://www.Westsussexmind.Org">https://www.Westsussexmind.Org</a>	<b>Coastal West Sussex Mind</b> works with young people, adults, older adults, carers and families. Their intention is for people have control of their lives and be as independent as possible.  The support and advice they offer aims to improve people's physical and mental well-being, strengthen self-esteem and confidence and promote strong relationships with family, friends and communities. They also help people get into education, training or work and



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		achieve their personal and social goals.
<b>Your Space YES (Youth Emotional Service)</b>	Phone: 077894 809 134 <a href="https://www.westsussex.gov.uk/education-children-and-families/your-space/places-to-go/finditout-centres/horsham-finditout-centre/">https://www.westsussex.gov.uk/education-children-and-families/your-space/places-to-go/finditout-centres/horsham-finditout-centre/</a>	<b>Your Space</b> offers free wellbeing support for 11-18 year olds: Horsham Hub, Hurst Road Horsham. Rh12 22DN Monday: 1.00pm-5.00pm Thursday: 1.00pm-5.00pm
<b>Beacon House</b>	Chichester 01243 219900 Cuckfield 01444 413939 <a href="https://beaconhouse.org.uk">https://beaconhouse.org.uk</a>	<b>Beacon House</b> is an independent team of mental health practitioners. Whilst majority of their referrals are from third parties (Children's services, schools private health insurers), they will accept referrals from parents. <b>Beacon House</b> has a wide resource bank covering: Developmental Trauma, Attachment and Child and Family Mental Health.
<b>Support for children to access for themselves</b>		
<b>Childline</b>	0800 1111 <a href="https://childline.org.uk">https://childline.org.uk</a>	<b>Childline's</b> tips and techniques, ideas and inspiration will help your child to feel more in control. The resources can be accessed any time and from any electronic device.
<b>Young Minds</b>	Text: YM to 85258 <a href="https://youngminds.org.uk">https://youngminds.org.uk</a>	All texts to <b>Young Minds</b> are answered by trained volunteers, with support from experienced clinical supervisors.
<b>NHS ChatHealth</b>	<a href="https://www.sussexcommunity.nhs.uk/services/service/details.htm?directoryID=22988">https://www.sussexcommunity.nhs.uk/services/service/details.htm?directoryID=22988</a> Text 07480635424 or 07480635423	<b>NHS ChatHealth</b> is a secure and confidential text messaging service for children and young people aged 11-19. It provides an easy, anonymous access to a health care provider, offering support and advice.



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There is also a plethora of free Apps available to support anxiety, mental health and wellbeing:

Icon	Name	Description
	<b>BBC Own It</b>	The <b>Own it</b> app is part of the BBC's commitment to supporting young people in today's changing digital environment. It will provide a helping hand to your child, supporting their digital wellbeing, showing them how to make smarter and better informed choices and helping them grow into confident, positive and happy digital citizens. The Own It app comes with a special keyboard which gives you helpful tips and friendly advice as your child writes!
	<b>For Me</b>  (As yet only available on iPhone or iPad)	<b>For Me</b> was made for children and supported by the charity <b>Childline</b> , it provides help and guidance from both within the App and through easy connection to a counsellor. This is a free App, so encourage your child to have it on their device. That way, if ever they do need help, they have a starting point and it is one that has always been there, not one that has been pushed on to them because of their problems. Even if they do not need it for themselves, it might help them support a friend who does.
	<b>Breathe, Think, Do with Sesame</b>	<b>Breathe, Think, and Do with Sesame</b> is a free App that is particularly useful for younger children. It uses the "breathe, think, do" method to help children learn to deal with frustrating situations. They'll learn to take long, deep belly breaths to calm down, think of a few strategies to handle the problem, and then do those things. They'll develop resilience as they overcome frustrations and challenges on their own.
	<b>MindShift</b>	<b>MindShift</b> is an App developed for young people to combat anxiety and teach everyday coping strategies. It will help them to learn to relax and will help coach them in challenging situations. The goal is to help young people learn and practice anxiety coping skills.
	<b>Smiling Mind</b>	<b>Smiling Mind</b> was created specifically with children in mind. It is designed to help children to cope with the pressure, stress, and challenges of daily life. Smiling Mind offers programs for a variety of age groups and includes activities for adults. The app has an easy-to-use method for keeping track of progress over time.
	<b>SAM</b> (Self-Help for Anxiety Management)	<b>SAM</b> (Self-Help for Anxiety Management) helps children understand and manage anxiety through self-help exercises and private reflection, it also includes a calm breathing monitor.
<b>The following Apps, whilst still free, include in App purchases or add ons.</b>		
	<b>Mindful Powers</b>  (In App purchases)	<b>Mindful Powers</b> is aimed at children aged between 7 and 10. The child-friendly style of this App in both presentation and method is well suited to a younger age group. Guided stories lead children towards calmness and focus while a timer option helps them to apply what they have learned to real life.
	<b>Head Space</b>  (In App purchases)	And breathe... <b>Head Space</b> offers bitesize meditations for children. It is a useful App for relieving stress or for those with difficulties sleeping.
	<b>What's Up?</b>  (In App purchases)	<b>What's Up?</b> This App uses CBT (cognitive behavioural therapy) to help with depression, anxiety, stress and more. The App features 12 common negative thinking patterns and simple methods to overcome them and 10 great metaphors to help deal with negative feelings.



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As everyone will be spending more time on electronic devices during the lockdown, here is a list of websites which will help you to make the right choices about which Apps are appropriate as well as the length of suitable time on devices.

- Parent Zone are the experts in digital life and they have a comprehensive website:  
<https://parentzone.org.uk/home>.
- Childnet international - whether you're puzzled by parental controls or would like to get knowledgeable about gaming:  
<https://www.Childnet.Com/parents-and-carers>
- Internet Matters has a new #StaySafeStayHome resource to help families make the best use of technology:  
<https://www.internetmatters.org/google-safety-tools-for-families/>
- For the older children wanting to stay safe online and know about the latest Apps try:  
<http://www.safetynetkids.org.uk/personal-safety/staying-safe-Online/>

### **Advice for parents / carers to keep children safe on-line**

- Talk to your child about what they are doing online;
- Use the tools that are available to manage access and set up parental controls on their devices to control the level of security;
- Always check with your child about who they are chatting with and what types of conversations are taking place. Reassure them that they can talk to you if they are worried;
- If possible, keep video chats out in the open to avoid the dangers that can take place behind closed doors;
- Recognise that at the moment this is their main communication tool so they will be keen to get online and talk to their friends.