

**Mental Wellbeing Toolkit**

Working in partnership with our Mental Wellbeing Steering Group, we’ve pulled together this toolkit to help you incorporate mental wellbeing support and activities into your sessions and conversations with families. We welcome you to explore these videos, worksheets, case studies and other useful information, to inform your conversations with children, parents and guardians, as well as providing youngsters with the option to be mindful, enjoy some calm time and explore their thoughts and feelings.

Please be sure to continue this support throughout the holidays, then link up with relevant contacts (such as schools, services or charities) if support may need to continue during term-time. If any issues arise from these activities or conversations, seek guidance from your Locality Officer.

**Videos:**

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| **Organisation** | **Videos** |
| Roots to Wellbeing | [#BeActive Childens Yoga Jungle Animals - YouTube](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.youtube.com%2Fwatch%3Fv%3DieVMQALhwtk&data=05%7C01%7C%7Cd07d6aa555044ebecf4108da4237d676%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C637895104824828635%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=SH4pXLcHIL9HR6PnR72OzzTxyWsbiBBD829WM2X8bmY%3D&reserved=0)[#Give Rock Painting with Creature Rock - YouTube](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.youtube.com%2Fwatch%3Fv%3Dsc5yY3-esQg%26list%3DPLSsnVlNGqgo_zLRz6aGW7MIZ8FEBLNFHa%26index%3D6&data=05%7C01%7C%7Cd07d6aa555044ebecf4108da4237d676%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C637895104824828635%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=%2Be6p3iGkM7SCpw%2Bh5VhVB4iuuUh6Pxof3WPiRQGCNsY%3D&reserved=0)[#KeepLearning Creative Childrens Activities - YouTube](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.youtube.com%2Fwatch%3Fv%3DFP24rue_yJE%26list%3DPLSsnVlNGqgo_u73UvlRofRJpyQj_ov7dl%26index%3D3&data=05%7C01%7C%7Cd07d6aa555044ebecf4108da4237d676%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C637895104824828635%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=sSo%2FtAEQwNucm0mouSGhlxE6p%2F3FBi%2By5xQNaEKUtPU%3D&reserved=0)[#Take Notice Creating a Family Portrait - YouTube](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.youtube.com%2Fwatch%3Fv%3D8rXCdox0cGU%26list%3DPLSsnVlNGqgo_zLRz6aGW7MIZ8FEBLNFHa%26index%3D5&data=05%7C01%7C%7Cd07d6aa555044ebecf4108da4237d676%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C637895104824828635%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=jLVTmqZ4hdco35N84nW8roqIH9hx8E19ms4QgBtl4ag%3D&reserved=0)[#BeActive Removing Tension - YouTube](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.youtube.com%2Fwatch%3Fv%3DZikStsrJ3rY%26list%3DPLSsnVlNGqgo_zLRz6aGW7MIZ8FEBLNFHa%26index%3D8&data=05%7C01%7C%7Cd07d6aa555044ebecf4108da4237d676%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C637895104824828635%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=b7kZHJ8uBofV7gKOdKC7a3JtarXMyXuQyWsWAHm6Y9Y%3D&reserved=0)[#Keep Learning Visual Aid to Track Activity - YouTube](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.youtube.com%2Fwatch%3Fv%3DTOi2W0TM0Mc%26list%3DPLSsnVlNGqgo_zLRz6aGW7MIZ8FEBLNFHa%26index%3D10&data=05%7C01%7C%7Cd07d6aa555044ebecf4108da4237d676%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C637895104824828635%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=I0dHYw720SxvJfLF1Bxw138hUOHKjQTyrMkGQwBjG1M%3D&reserved=0)[#Keep Learning Techniques to help you relax - YouTube](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.youtube.com%2Fwatch%3Fv%3DWNACg2uEoag%26list%3DPLSsnVlNGqgo_zLRz6aGW7MIZ8FEBLNFHa%26index%3D13&data=05%7C01%7C%7Cd07d6aa555044ebecf4108da4237d676%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C637895104824828635%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=n2k79Z508Ki0Nix7GSULTekn2rspuKCTrvuYn9xc%2BtI%3D&reserved=0)[#Connect Stress Buster 7:11 Breathing - YouTube](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.youtube.com%2Fwatch%3Fv%3DSip30vMKl5I%26list%3DPLSsnVlNGqgo_zLRz6aGW7MIZ8FEBLNFHa%26index%3D14&data=05%7C01%7C%7Cd07d6aa555044ebecf4108da4237d676%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C637895104824828635%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=SA46ymp2l5eYBmp%2BnxSY1GpqqlmN3sjNPKN21SHs%2FTc%3D&reserved=0)[#Connect Grounding Meditation - YouTube](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.youtube.com%2Fwatch%3Fv%3DoZWYFuYy73s%26list%3DPLSsnVlNGqgo_zLRz6aGW7MIZ8FEBLNFHa%26index%3D12&data=05%7C01%7C%7Cd07d6aa555044ebecf4108da4237d676%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C637895104824828635%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=ci%2Bqu6sRW75S%2BUDoh0N%2FL3kWpFqq6Wr4JQj%2BVsiQ2bk%3D&reserved=0)[#Connect With your breath and nature - YouTube](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.youtube.com%2Fwatch%3Fv%3DPzlPCtFCPCU%26list%3DPLSsnVlNGqgo_zLRz6aGW7MIZ8FEBLNFHa%26index%3D11&data=05%7C01%7C%7Cd07d6aa555044ebecf4108da4237d676%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C637895104824828635%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=TMtZn2zornv4G5osqERt2iJvSPIMhMMldHCiDSyqeek%3D&reserved=0)[Sing - In a Lovely Day - YouTube](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.youtube.com%2Fwatch%3Fv%3DwPbAI-oHKmg&data=05%7C01%7C%7Cd07d6aa555044ebecf4108da4237d676%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C637895104824828635%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=%2Bro1smKo1I3V566dvTSjMsUVxB4MHJXBuJpatyLSTsA%3D&reserved=0) |
| Mind | [How to relax | 8 relaxation tips for your mental health](https://youtu.be/cyEdZ23Cp1E)[The 5 Ways to Wellbeing](https://youtu.be/MfM0Tj-9Als)[5 ways to get moving and feel better](https://youtu.be/M4p6TddpHSg)[How to manage your mood with food | 8 tips](https://youtu.be/CSHO9VdVRfg) |

**Worksheets:**

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| **Organisation** | **Worksheet** |
| Chat 1st | [Youth Wellbeing Hub - Anger.pdf](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fdrive.google.com%2Ffile%2Fd%2F1SUiz15Bcl6eGP4kWaRkXGl2m7aNkWbS3%2Fview%3Fusp%3Dsharing&data=05%7C01%7C%7C83a8799fd9ac4b48fa2508da43d6c252%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C637896886915892407%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=Zwwr3JJ2JeGScngGpTqOLllvNewov%2BSHIcHrmUO3mGQ%3D&reserved=0)[Youth Wellbeing Hub - Anxiety.pdf](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fdrive.google.com%2Ffile%2Fd%2F1XNCe-hqDxk2LzlagGUodrDUmICvtmvju%2Fview%3Fusp%3Dsharing&data=05%7C01%7C%7C83a8799fd9ac4b48fa2508da43d6c252%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C637896886915892407%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=zxPKBAoVSAPZjiWIubyrJ%2BX1P%2FJelWa1YgOMLj54HR0%3D&reserved=0)[Youth Wellbeing Hub - Body Image.pdf](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fdrive.google.com%2Ffile%2Fd%2F1MvmJgmMvqDeWWNAudIAjpAyrqogrwTGL%2Fview%3Fusp%3Dsharing&data=05%7C01%7C%7C83a8799fd9ac4b48fa2508da43d6c252%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C637896886915892407%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=Z%2BHxofUpPaWyiPkNF7gVVLDfafdIVIOhRB2Yk1pVYvE%3D&reserved=0)[Youth Wellbeing Hub - Bullying.pdf](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fdrive.google.com%2Ffile%2Fd%2F1x30L2V-72lE9Npn33RF-l4LNH8V53rpb%2Fview%3Fusp%3Dsharing&data=05%7C01%7C%7C83a8799fd9ac4b48fa2508da43d6c252%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C637896886915892407%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=wO9KXRCUpDyD2M55Xno4KoZFnOvSh%2BSXIApCFKEsQ50%3D&reserved=0)[Youth Wellbeing Hub - Coping with Change.pdf](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fdrive.google.com%2Ffile%2Fd%2F1Z_hbd9-8UBdkpNQRDcbWTDiREcSK71RH%2Fview%3Fusp%3Dsharing&data=05%7C01%7C%7C83a8799fd9ac4b48fa2508da43d6c252%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C637896886915892407%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=n%2FbgUMVQKpnHTESORnVL7clkbFp25iKv%2FssKLUARBds%3D&reserved=0)

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[Youth Wellbeing Hub - Depression.pdf](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fdrive.google.com%2Ffile%2Fd%2F1WKnycYBKDVKiRc7B6rqIdpItwAkyDVLa%2Fview%3Fusp%3Dsharing&data=05%7C01%7C%7C83a8799fd9ac4b48fa2508da43d6c252%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C637896886915892407%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=bcZPfR1w10c%2Fk4iPBvkf4w72e%2Fns%2BIfAbURRek2gWqk%3D&reserved=0)[Youth Wellbeing Hub - Exam Stress.pdf](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fdrive.google.com%2Ffile%2Fd%2F1fTI0YF6N1nzYTRlTt43yiIWu5yD-L9u5%2Fview%3Fusp%3Dsharing&data=05%7C01%7C%7C83a8799fd9ac4b48fa2508da43d6c252%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C637896886915892407%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=gU9zSoQY5mxouP3Layrp7kG8gq9OoFKQU3UOyA6aDpQ%3D&reserved=0)[Youth Wellbeing Hub - General Wellbeing.pdf](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fdrive.google.com%2Ffile%2Fd%2F1MTPdCCMwXE0QXZQfPf7fwHwsGDeia28D%2Fview%3Fusp%3Dsharing&data=05%7C01%7C%7C83a8799fd9ac4b48fa2508da43d6c252%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C637896886915892407%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=72YIgFoKncJ1EcnmMvP15TISmUn%2BNv3rj7VnqbeDTM8%3D&reserved=0)[Youth Wellbeing Hub - Insomnia and sleep poster.pdf](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fdrive.google.com%2Ffile%2Fd%2F1lPV7ymxX-GHZwV0WRxXZV-65iQAm3j93%2Fview%3Fusp%3Dsharing&data=05%7C01%7C%7C83a8799fd9ac4b48fa2508da43d6c252%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C637896886915892407%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=5AcyqccHoumMn49rsJHWBnZjo1wWdeNABxe2QtZHFnw%3D&reserved=0)[Youth Wellbeing Hub - Loneliness.pdf](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fdrive.google.com%2Ffile%2Fd%2F1yWpusOcbcZFz922d-1rWL7HZF1-pfBoH%2Fview%3Fusp%3Dsharing&data=05%7C01%7C%7C83a8799fd9ac4b48fa2508da43d6c252%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C637896886915892407%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=zB8gExRRyKmshPZVrgcohcdV4FRLTvUbjS3xBaEo3EI%3D&reserved=0)[Youth Wellbeing Hub - Panic Attack Poster.pdf](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fdrive.google.com%2Ffile%2Fd%2F1sDJqXd6BytmhGTua0HoXfuJGAZcaKmi6%2Fview%3Fusp%3Dsharing&data=05%7C01%7C%7C83a8799fd9ac4b48fa2508da43d6c252%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C637896886915892407%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=4Qh%2BnjNMQslxIl%2Fp%2BDpn9LkT8%2BT9UET%2FVUXzMmbB%2BPw%3D&reserved=0)[Youth Wellbeing Hub - Stress.pdf](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fdrive.google.com%2Ffile%2Fd%2F12cHodLV729390NIrHNo80FitUGDcu7le%2Fview%3Fusp%3Dsharing&data=05%7C01%7C%7C83a8799fd9ac4b48fa2508da43d6c252%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C637896886915892407%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=N4CPGPD%2BIaEZMGgtkTwNCMr0nsdT4kCkI%2BT3Wz2R0fE%3D&reserved=0) |

**Other Useful Links:**

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| **Organisation** | **Information** |
| Active Essex | [Children's Mental Health - Active Essex](https://www.activeessex.org/children-young-people/childrens-mental-health/) |
| The Mental Health Foundation | [Access stories, stats, podcasts and guidance](https://www.mentalhealth.org.uk/your-mental-health) |
| Gov.uk | [Guidance for the public on the mental health and wellbeing aspects of coronavirus](https://www.gov.uk/government/publications/covid-19-guidance-for-the-public-on-mental-health-and-wellbeing/guidance-for-the-public-on-the-mental-health-and-wellbeing-aspects-of-coronavirus-covid-19) |
| Anna Freud | [Resources to empower young people to make informed choices about their mental health and wellbeing](https://www.annafreud.org/on-my-mind/) |
| Young Minds | [www.youngminds.org.uk](https://eur02.safelinks.protection.outlook.com/?url=http%3A%2F%2Fwww.youngminds.org.uk%2F&data=05%7C01%7C%7C0a4d72703c4b42788ebe08da423891f0%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C637895107979348833%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=yURgYhAcAhXum7TxNRqqEBUEucwA0lEesbTwxhtihjI%3D&reserved=0) / Text YM to 85258 |
| Childline | [www.childline.org.uk](https://eur02.safelinks.protection.outlook.com/?url=http%3A%2F%2Fwww.childline.org.uk%2F&data=05%7C01%7C%7C0a4d72703c4b42788ebe08da423891f0%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C637895107979348833%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=2pVJ1IrBnYYwxDJxEqF73NnRSmjkln8k%2F8i%2FUKawLsE%3D&reserved=0) / Telephone 0800 1111 |
| The Mix | Essential support for under 25s |
| Kooth | [Online mental wellbeing community – providing free, safe and anonymous support](https://eur02.safelinks.protection.outlook.com/?url=http%3A%2F%2Fwww.kooth.com%2F&data=05%7C01%7C%7C0a4d72703c4b42788ebe08da423891f0%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C637895107979348833%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=bjZawmqdo96d%2FkgY8K7IOHeWA5TUHABI%2F6WxvetQdXw%3D&reserved=0)  |
| The Emotional Wellbeing and Mental Health Service | [Advice and support to children, young people and families](https://www.nelft.nhs.uk/set-camhs) / Telephone 0800 953 0222 |
| Kids Inspire | [Mental health and trauma recovery support for children, young people and their families](https://eur02.safelinks.protection.outlook.com/?url=http%3A%2F%2Fwww.kidsinspire.org.uk%2F&data=05%7C01%7C%7C0a4d72703c4b42788ebe08da423891f0%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C637895107979505048%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=QdPRlYbN312yIA7sP%2FjxTovIRNxBB0EJOr1xrmBjPLM%3D&reserved=0) |
| Essex County Council | [Mental health: Adult Mental Health and Wellbeing team](https://www.essex.gov.uk/mental-health/adult-mental-health-and-wellbeing-team)  |
| Motivated Minds | [Individual Wellbeing - Online Support](https://www.motivated-minds.co.uk/online-support.php) |

**Blogs, Stories & Inspiration:**

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| **Organisation** | **Link** |
| Active Essex | [Young People, Movement and Mental Wellbeing - Active Essex](https://www.activeessex.org/news-events/blog/young-people-movement-and-mental-wellbeing/) |
| Peaceful Pony | [Spotlight Saturday - Peaceful Pony - Active Essex](https://www.activeessex.org/news-events/blog/spotlight-saturday-peaceful-pony/) |
| Inclusive Training | [Activity Alliance supports Active Essex to deliver inclusive sessions to children - Active Essex](https://www.activeessex.org/news-events/blog/activity-alliance-inclusive-sessions/) |
| Project:ME | [Tackling Loneliness – Tips from Young People](https://www.facebook.com/project.mindempower/posts/512108994033540?__cft__%5b0%5d=AZXd9gxs4-WJkTeevbjmA-PSRi6p6qaL_tP0famDwyleOJjEQdmDDCMutxStnQdy7Hmi32USd65pWLLGH6P54VbyrKvUK-zpoQ5CRMK-lnQGmYqhedfg2zsLHKl8nEc_RDe9WhZW6mwWxn7Djcvf1EQpVO9DL1k67a_3oCTvYLSmjg&__tn__=%2CO%2CP-R) |
| Young Minds | [Eleanor - Why I Practise Self-care Every Day](https://www.youngminds.org.uk/young-person/blog/why-i-practise-self-care-every-day/) |
| Young Minds | [Rose - Tips For Coping With Peer Pressure](https://www.youngminds.org.uk/young-person/blog/tips-for-coping-with-peer-pressure/) |