



Arts & Media School ISLINGTON

Mental Health and Well-Being Guidance

Students:

- **Connect** with other people - like your friends, family and adults in school..
- **Good relationships** are important for your mental wellbeing.
- Be **physically active** - walking, running, etc..
- Being active is not only great for your physical health and fitness.
- Learn **new skills** - baking, riding a bike etc.
- Stick to your **routines** where possible and keep trying to do what you enjoy'
- Give to others, looking after each other, being **kind** to those around us can certainly help us to feel better in an unknown situation.
- Pay attention to the present moment (**mindfulness**).

Staff:

- **Listen and acknowledge:** Children and young people may respond to stress in different ways - emotional, physical or behavioural
- **Provide clear information about the situation:** talk openly about what is happening and provide honest answers to any questions they have.
- **Be aware of your own reactions:** Remember that children and young people often take their emotional cues from the important adults in their lives, so how you respond to the situation is very important.
- Model **good working practices** and self-care to encourage a work/life balance.
- **Communicate** clearly with staff, particularly around any changes that might be taking place at school.

Parents:

- Be curious about what's on their mind, so they feel able to speak to you in their own time and in their own way.
- Take time to reassure them and be open to talking about their feelings.
- Try to limit the time they spend watching the news if it upsets them.
- **Create a new routine:** Life is changing for all of us for a while. Routine gives children and young people an increased feeling of safety in the context of uncertainty
- Plan time outside if you can do so safely or see [Change4Life](#) for ideas for indoor games and activities

- [YoungMinds](#) provide help and advice on mental health for both children and their parents.
- You can also read the advice on how to **support your child's wellbeing**, which includes places to find information and help.
- Guidance is also available to help you [look after your own mental health](#).

Helplines and websites for your child and or young person:

If your child or young person would like to speak to someone anonymously, they could try calling a helpline or visiting websites such as ChildLine and The Mix.

[Shout](#) provides free, confidential support, 24/7 via text for anyone at crisis anytime, anywhere.

You can:

- text SHOUT to 85258 in the UK to text with a trained Crisis Volunteer
- text with someone who is trained and will provide active listening and collaborative problem-solving

[ChildLine](#) provides a helpline for any child with a problem. It comforts, advises and protects.

You can:

- call 0800 1111 any time for free
- have an [online chat with a counsellor](#)
- check out the [message boards](#)

[The Mix](#) provides a free confidential helpline and online service that aims to find young people the best help, whatever the problem.

You can:

- call 0808 808 4994 for free – lines are open from 11am to 11pm every day
- access the [online community](#)
- [email The Mix](#)