

# YOUNG Mi MINDS

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## ***Supporting all schools during times of uncertainty***

Dear colleagues,

We really hope that you and your school communities are coping in these very strange times.

We are acutely aware of how hard life in schools is at the moment. You're staying open for some children, minimising the impact of staff absences, maintaining routines, supporting everyone in the community with a range of differing needs as well as worrying about your own loved ones and their health. We know that all of you are dealing with a huge range of competing priorities right now and that the uncertainty about the immediate future doesn't help this situation.

So, we have decided to suspend our planned content and respond directly to the issues that lots of you have raised in our school staff community, by

focusing on how we can help each other to cope in these unprecedented circumstances.

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While the news and updates to Government guidance are rapidly changing it's really important for you to:

**Acknowledge** how much you are carrying at the moment and how flexible staff are being in adapting to the situation.

**Accept** that there are many things out of your control and that you can only work with what you have got – this might involve getting used to this feeling of discomfort and letting go of some of those perfectionist ideals. 'Good enough' may have to be good enough.

**Be reassured** that this intensely difficult time will change and will be replaced by a different perspective.

**Recognise** that the anxiety people are feeling may come out in different ways for different people, so validating these feelings is a really helpful first step. **[Check out our tips for helping children to cope with anxiety in the face of the virus.](#)**

**Find support** to help you and your school cope in these uncertain times. **[Download our resilience framework to support your school to build resilience.](#)**

We have created free resources below for you, children and young people and parents and carers. Please distribute these however you can to support and provide advice for all those in your school community.

## Resources

### **Ten Tips for staff wellbeing**

It's important to remember to look after yourself and find support during

this uncertain time. Here are our tips on how you can look after your own wellbeing.

[> Download the Resource](#)

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### **Advice from YoungMinds**

It's understandable for children and adults to feel concerned or anxious. Our parents advice offers practical things parents can do to help their children.

[> Download the Resource](#)

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## **Advice for Young People**

### **What to do if you're anxious about Coronavirus**

If the news on coronavirus is having an affect on your mental health, here are some things you can do.

[Read our blog](#)

### **Looking after your mental health while self-isolating**

If you are self-isolating or social distancing because of coronavirus, it is important to look after your mental health.

[Read our blog](#)

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## **Our Services Are Still Open**

We intend to continue to operate our support services, so if you are concerned about a young person's mental health during this difficult time, please get in touch:

### **Parents Helpline:**

If you are a parent who needs advice about your child's mental health you can contact the Parents Helpline directly on 0808 802 between 9:30am-4pm.

### **YoungMinds Crisis Messenger:**

If you are a young person experiencing a mental health crisis you can text YM to 85258 for free 24/7 support.

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## **Training**

In line with Government guidance, we have postponed all our training dates before the 1 May. However, we know many of you are still supporting young people at this difficult time and we want to make sure you can still turn to us for help when you need it. We will keep our booking system open for future dates so you can register your interest. We will also continue to create free mental health resources for schools to ensure you can continue to support yourself and the young people you work with.

**> Check out our training calendar**

**> Download our free schools' resources**

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