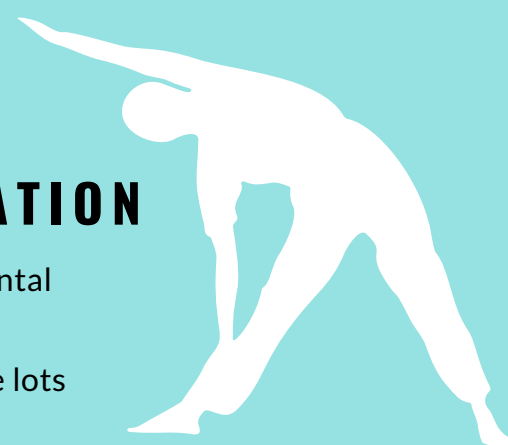


WELLBEING APPS & WEBLINKS TO SUPPORT



There are many supports for parents/carers and young people to support wellbeing during this time.

Here are a few examples:



1 THE MENTAL HEALTH FOUNDATION

St Mungo's currently works in partnership with the Mental Health Foundation and our S5 Ambassadors deliver a Mental Health programme to their S1 peers. They have lots of useful advice and strategies on dealing with the coronavirus. [Click here](#)

2 SELF HELP STRATEGIES

A selection of self care strategies that have been developed by young people to help manage their own wellbeing. During a time when access to regular appointments may be disrupted or anxiety might be heightened, it might be helpful to try some of these strategies. [Click here](#)



3 SUPPORT TO PARENTS - VIDEO

This short 2 minute video provides guidance to parents/carers about how they can support themselves and their children during any disruption caused the coronavirus. [Click here](#)

4 CALM ZONE - CHILDLINE

Childline have created a bank of resources such as breathing exercises, coping videos, yoga videos and games that can help children feel calm in a period of disruption. [Click here](#)



5 SCHOOL COUNSELLOR

Our School Counsellor is continuing to offer support through telephone conversations. If you previously accessed this support or would like to make a referral, contact your Pastoral Teacher or Mrs Bell in Pupil Support. Email addresses are on our website.

6 APPS TO DOWNLOAD

- SMILING MIND** - Cope with pressures
- CALM** - Mindfulness & meditation
- HEADSPACE** - Meditation APP
- HAPPIFY** - Build better wellbeing
- INSIGHT TIMER** = Guided meditation APP



7 NEED TO TALK TO SOMEONE

There are many organisations who can support:

- **FDAMH** - 01324 671 600
- **BREATHING SPACE** - 0800 83 85 87
- **ANXIETY UK** - 0844 477 5774
- **CHILDLINE** - 0800 1111

