

WELLBEING & SUPPORT DURING COVID-19

Secondary School Staff



Created by
Ealing Mental Health Support Team

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Accessing the links

In this booklet there are a range of different resources on each page. There are blue links that are underlined as well as coloured boxes that say 'go to resource'. Depending on what device you have you can click on the link, and it will either take you to a webpage or automatically download a pdf file. On some computers you will have to hover over the link and click **Ctrl** and the link.

Any issues with the resources

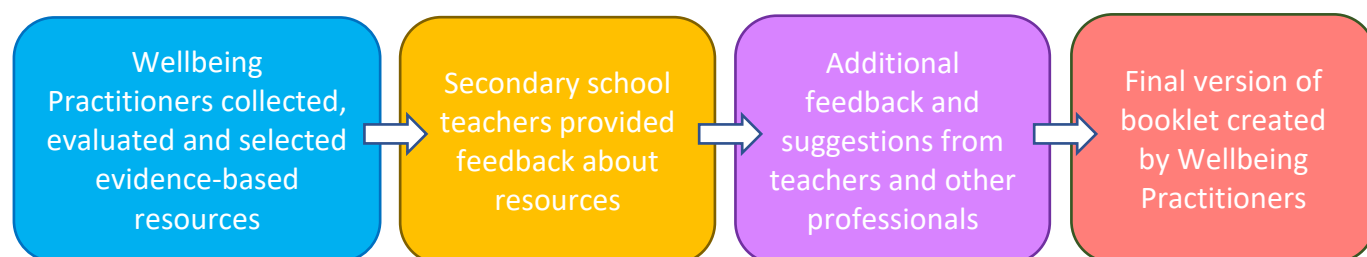
There is a great deal of information out there regarding COVID-19 and wellbeing. We have included in this booklet what we consider to be the best resources that have been made by other services or organisations. We apologise if you come across any issues with using the resources or any errors within them, however since we did not make them we could not make any changes. Please feel free to contact the relevant organisation with any comments about individual resources.

Introduction

This booklet was created in April 2020 by the Ealing Mental Health Support Team (MHST) in response to the current Covid-19 situation. Ealing MHST is a new service designed to support the wellbeing of children and young people in education settings, aiming to provide evidence-based support at the earliest signs of difficulties and promote life-long positive mental health.

In this booklet we have included evidence-based resources to help secondary school teachers to support their students during the current situation. The booklet was created with the help of teachers in Ealing, who provided us with valuable feedback on which resources are most useful to them and shared resources they have been using during school closures.

This is how we made sure to include helpful, evidence-based resources in the booklet:



We have also listed a range of further support services at the end of this booklet. We hope you will find some helpful resources for supporting your students and managing your wellbeing on the pages that follow.

We asked secondary school teachers in Ealing and practitioners to rate some of the following resources on how helpful they thought they were, on a scale of 1-5. The stars you see reflect their feedback.

Top tips to support your wellbeing

Exercise



Physical activity has a huge potential to enhance our wellbeing. Even a short brisk walk can increase our mental alertness, energy and positive mood. Participation in regular physical activity can also increase self-esteem, and reduce stress and anxiety.

Find out more: [How to use exercise](#)
[Home work outs](#)
[Yoga](#)



Diet

What we eat and drink affects our physical and mental health. Having a balanced diet can have a positive impact on your energy levels, it can also help you to think more clearly and improve your mood and overall wellbeing.

Find out more: [What a healthy balanced diet looks like](#)
[Tips on healthy food swaps](#)

Sleep



It is important to develop and stick to a healthy sleep routine - even during this time when we have been asked to stay at home as much as possible. Good-quality sleep makes a big difference to how we feel mentally and physically. For example, it helps us cope with any worries surrounding the coronavirus and boosts our immune system's ability to fight infections.

Find out more: [Top tips for better sleep](#)
[Maintaining good sleep during the coronavirus pandemic](#)
[Sleep tips for young people](#)



Stay connected

Maintaining healthy relationships with people you trust is important for your mental wellbeing. Think about how you can stay in touch with friends and family while you are all staying at home – by phone, messaging, video calls or social media – whether it's people you usually see often, or connecting with old friends.

Find out more: [10 apps to stay in touch](#)



Routine

Think about how you can adapt and create new routines that will help to keep you grounded during times of uncertainty. Try to keep as much of your usual routine as possible, for example you can wake up and get ready at the same time, structure work/study time and meaningful activities into your day.

Find out more: [Organise your day](#)
[Working from home](#)



Limit media coverage

Constant exposure to news about the outbreak can make us feel overwhelmed, stressed and anxious. Try to limit the amount of time you spend reading, watching or listening to news coverage to one or two times a day.

Make sure you use trustworthy sources, such as [gov.uk](#) and the [NHS website](#).



Relaxation and mindfulness

School closures and self-isolation and other factors you might have going on at home can lead to stress and anxiety. Relaxation techniques such as deep breathing and meditation can really help your wellbeing. If you are able to practice these regularly then you will feel the greatest benefits, so see if you can set aside even a little time every day.

Find out more: [Relaxation Techniques](#)
[What is mindfulness?](#)
[Mindful Breathing Exercise](#)



Looking for positives

In these scary and uncertain times, it is important to continue to stay positive. One way you can stay positive is to keep a gratitude journal, where every day you write down one or two things you are grateful for that day (no matter how small). You could use social media to follow accounts dedicated to spreading positive stories. You could consider with your family how you can help the people in your community, as helping others can be good for our own mental health and wellbeing.

Find out more: [The Happy Newspaper](#)
[Hope in a time of crisis](#)
[Coronavirus: How to help safely](#)

Mental health and wellbeing support

Here we have found a range of information and resources which can be beneficial in supporting your student's mental and physical wellbeing during as well as your own in this time of uncertainty. Click on each 'go to resource' to find out more!

Self-care tips

[Go to resource](#)

Helpful ★★★★★

Young Minds

[Go to resource](#)

Podcasts for mental health and wellbeing

[Go to resource](#)

Helpful ★★★★★

Blurt it Out

[Go to resource](#)

Coronavirus and Mental Health

[Go to resource](#)

Helpful ★★★★★

Growth mind-set and wellbeing lesson

[Go to resource](#)

CAMHS Resources: help support your mental health and wellbeing

[Go to resource](#)

Lesson planning and other resources

Here we have found a range of information and resources which can be beneficial in planning lessons and providing support to your students at home. Click on each '**go to resource**' to find out more!

Science lessons and experiments

[Go to resource](#)

English literature resources

[Go to resource](#)

History lessons, focused topics and themed collections

[Go to resource](#)

Geography lessons

[Go to resource](#)

Free access to audible books

[Go to resource](#)

Physical Education

[Go to resource](#)

Support for primary and secondary teachers

[Go to resource](#)

Additional resources recommended by teachers

During our survey across Ealing to secondary school teachers, the following additional websites were recommended. Click on each 'go to resource' to find out more!

BBC BiteSize

[Go to resource](#)

Twinkl

[Go to resource](#)

**Teach from home
(TES)**

[Go to resource](#)

Cooking at home

[Go to resource](#)

Resources for teachers to provide parents

Here we have found a range of information and resources which you could share with the parents of your students, covering a range of topics. Click on each title to find out more!

[Information/advice that teachers can provide to vulnerable families regarding internet and phone access](#)

Helpful ★★★★★

[Translations of NHS and WHO advice for COVID-19 in several languages](#)

Helpful ★★★★★



ARABIC

[Information/advice that teachers can provide to vulnerable families regarding access to free school meals](#)

Helpful ★★★★★

[Information/advice that teachers can provide to vulnerable families who are key workers for retail roles and facing financial hardship during the pandemic](#)

[Advice for teachers to provide to vulnerable families who need help to claim benefits](#)



[20 Creative ideas for parents for when schools close](#)

Bereavement support

Due to the global coronavirus pandemic many families will face bereavement, often under very difficult circumstances. Families may also be cut off from members of their usual support network making them unable to grieve in the usual way. As a result, we have collated some resources to support families who have to face grief and bereavement in these challenging times.

Websites for Adults

[A guide for education professionals and parents supporting bereaved pupils](#)

[Grief Encounter](#)

[Winston's Wish](#)

[Cruse Bereavement](#)



Videos for Parents and Carers

[Supporting children through difficult times](#)

[When you can't visit someone who is ill](#)

[Supporting bereaved children](#)

[Supporting a bereaved child with ASD](#)



Websites for Young People

[Help 2 Make Sense](#)

[Hope Again](#)



Local information for teachers

Ealing Council has operational guidance for schools in Ealing during this time on the [Ealing Grid for Learning](#) website. Also on this website is a [list of wellbeing resources](#).

The screenshot shows the Ealing Grid for Learning (EGfL) website. The header includes the EGfL logo, a search bar, and links to Register and Log in. The main navigation bar has links for ELP leadership, ELP services, Facilities, Finance and data, Human resources, and Services for children. The breadcrumb trail reads 'Home » Coronavirus (COVID-19) guidance'. The left sidebar contains a 'Footer Menu' with links to Coronavirus (COVID-19) guidance, COVID 19 emergency contact list, Online learning for staff, How to update EGfL content, Contacts and structure, How to use our website, Copyright, Terms and conditions, and Site map. The main content area is titled 'Coronavirus (COVID-19) guidance' and provides guidance for schools and early years providers during the coronavirus (COVID-19) outbreak. It lists contents: Attendance, Bereavement, Buildings, Cleaning, Directors' communications and news, Early years providers, Education psychology, and Emergency contacts. On the right, there is a 'Key dates' section with a calendar icon and a link to 'Find meetings and key dates in our calendar'. Below that is a section for 'Ealing Learning Partnership (ELP) directorate and associates' with a 'Login to download contact list' link. At the bottom right, there is a 'Helpful' rating of five stars.

Home » Coronavirus (COVID-19) guidance

Coronavirus (COVID-19) guidance

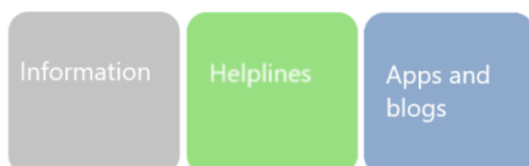
Guidance for schools and early years providers during the coronavirus (COVID-19) outbreak.

Contents:

- Attendance
- Bereavement
- Buildings
- Cleaning
- Directors' communications and news
- Early years providers
- Education psychology
- Emergency contacts

Helpful ★★★★★

Wellbeing and mental health support during the coronavirus outbreak



Anxiety
Eating disorders
Home learning resources
Meditation
Mental health
OCD
PHSE support
Resilience
Self-care
Wellbeing
Yoga
Young people
Younger children

Helpful ★★★★★

Where can I find further support?

General support services

Age UK - <https://www.ageuk.org.uk/>

Information on coronavirus, including updates on how you can look after yourself and loved ones, comments from Age UK, and ways you can support older people.

- » Call 0800 678 1602 (available 8am-7pm, every day)

Anxiety UK - <https://www.anxietyuk.org.uk/>

Information, resources and support for helping you understand how to deal with your anxiety during these difficult times.

- » Call 03444 775774 (available 9:30am-10pm Monday-Friday, 10am-8pm weekends)

BEAT - <https://www.beateatingdisorders.org.uk/>

Beat is the UK's eating disorder charity. We exist to end the pain and suffering caused by eating disorders.

- » Call 0808 801 0677 (available 12pm-8pm every day, 4pm-8pm weekends)

Childline - <https://www.childline.org.uk/>

A free and confidential support service for children. Childline is here to help anyone under 19 in the UK with any issue they're going through.

- » Call 0800 1111 (available 9am – midnight, every day)
- » Chat online to a counsellor (available 9am – midnight, every day)

Frank - www.talktofrank.com

Confidential advice and information about drugs.

- » Call 0300 123 6600 (available 24 hours a day, every day)
- » Text 82111 with a question
- » Chat online (available 2pm-6pm, every day)

Good Thinking - <https://www.good-thinking.uk/>

A free, NHS-supported service to support individuals in managing their own mental health and building resilience so they can perform at their best.

Kooth - www.kooth.com

Free, safe and anonymous online counselling for young people.

- » Chat online to a trained counsellor (until 10pm, every day)

MIND - <https://www.mind.org.uk/>

Call, text or email for signposting to mental health support in your area.

- » Call 0300 123 3393
- » Text 86464
- » Email info@mind.org.uk

The Mix - www.themix.org.uk

Online guide to life for 16-25 year-olds in the UK. Emotional support is available 24 hours a day. On the website, you can chat about anything you like on their moderated discussion boards and live chat room.

- » Call 0808 8080 4994 (4pm-11pm, every day)
- » Chat online to trained supporter (4pm-11pm, every day)
- » Crisis messenger text service (24 hours a day, every day)

NSPCC – <https://www.nspcc.org.uk>

The NSPCC is the UK's leading children's charity, preventing abuse and helping those affected to recover

- » Call 0808 800 5000
- » Email help@nspcc.org.uk
- » If you would like support about **online safety**, go to:
<https://www.nspcc.org.uk/keeping-children-safe/online-safety/talking-child-online-safety/>

Refuge (National Domestic Abuse Helpline) - <https://www.refuge.org.uk/>

The National Domestic Abuse Helpline is a freephone 24-hour helpline which provides advice and support to women and can refer them to emergency accommodation.

- » Call 0808 200 0247

PAPYRUS (Suicide Prevention Charity) - www.papyrus-uk.org

Confidential help and advice to young people and anyone worried about a young person.

- » Call 0800 068 4141 (10am-10pm Monday-Friday, 2pm-10pm weekends)
- » Text 07786 209 697 (10am-10pm Monday-Friday, 2pm-10pm weekends)
- » Email pat@papyrus-uk.org

Samaritans - <https://www.samaritans.org/>

A 24-hour service offering confidential emotional support to anyone who is in crisis.

- » Call 116 123 (24 hours a day, every day)
- » Email jo@samaritans.org

Shout Crisis Textline - <https://www.giveusashout.org/>

Shout 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.

- » Text Shout to 85258 (24 hours a day, every day)

Switchboard (LGBT+ helpline) - <https://switchboard.lgbt/>

A safe space for anyone to discuss anything, including sexuality, gender identity, sexual health and emotional wellbeing.

- » Call 0300 330 0630 (10am-10pm, every day)
- » Chat online
- » Email chris@switchboard.lgbt

Young Minds - www.youngminds.org.uk

Information for young people about emotions and mental health.

- » Young people - text 85258 (24 hours a day, every day)
- » Parents - call the parents helpline 0808 802 5544

Local support services

Ealing Advice Service - <http://ealingadvice.org/>

The service provides free, advice and assistance in social welfare.

» Call 0300 125464

Ealing Council - <https://www.ealing.gov.uk/coronavirus>

You will find links that will take you to regularly updated pages with the latest council service information.

Ealing Families Directory - www.ealingfamiliesdirectory.org.uk

An online services directory and information resource for children, young people and families living in the London Borough of Ealing

For information about **Food Banks** in Ealing:

<https://www.ealingfamiliesdirectory.org.uk/kb5/ealing/directory/advice.page?id=mr-exIG6aIY>

Ealing Family Information Service - www.ealingfamiliesdirectory.org.uk

The FIS can offer advice on services and support available. A dedicated SEND officer can also provide support and specialist information for families who have a child with additional needs or disability. During this time, the FIS will also be supporting parents whose jobs have been identified as being 'Critical Workers' and parents of vulnerable children; with information on which schools and childcare provisions remain open for their children to attend.

» Call 020 8825 5588

» Email: children@ealing.gov.uk

Ealing Grid for Learning - <https://www.egfl.org.uk/>

The Ealing Grid for Learning (EGfL) provides information for school staff, governors and the Ealing Learning Partnership.

Ealing Together - <https://ealingtogether.org/help-for-residents/>

Ealing Together was set up in response to the Coronavirus pandemic by Ealing council, local charities and businesses to offer support to its residents.

» Call 020 8825 7170

Young Ealing – <https://www.youngealing.co.uk/about/>

Ealing Council's Youth and Connexions Service provides services to empower and inspire young people (aged 13-19 years old, up to 25 for those with additional needs) to make positive life choices.

- » Call 020 8825 5777

Ealing services for SEND

Ealing Local Offer - www.ealinglocaloffer.org.uk

Information on services and support for children and young people ages 0-25 with SEND.

- » Call 020 8825 5588 (9am-5pm, Monday-Friday)
- » Email: children@ealing.gov.uk

Contact Ealing - <https://contact.org.uk/>

Contact is a leading UK Wide charity, providing advice, information and support to families caring for children and young people aged 0-25, with any disability or additional need, regardless of diagnosis.

- » Email ealing@contact.org.uk
- » Call 020 8571 6381

ISAID Ealing – <https://www.family-action.org.uk/what-we-do/children-families/send/isaid/>

ISAID (Impartial Support, Advice and Information on Disabilities and Special Educational Needs) offers free, impartial, independent advice and support to families living in Ealing with a child or young person up to the age of 25 who has special educational needs or a disability (SEND).

- » Call 0203 9788989
- » Email isaidealing@family-action.org.uk

Ealing Mencap – <http://www.ealingmencap.org.uk/covid19>

LIFELINE is available to anyone in Ealing with learning disabilities, Autism or physical disabilities, as well as their families/carers.

- » Call 020 8566 9575 (9am-5pm, Monday-Friday)

We would like to thank the young people, parents, NHS practitioners, teachers and members of the local authority who have provided us with valuable feedback, suggestions and additional resources to include in our booklets.



**Promoting hope
and wellbeing
together**