

WELLBEING & SUPPORT DURING COVID-19

Primary School Staff



Created by Ealing Mental Health Support Team
Adapted by the Hounslow 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

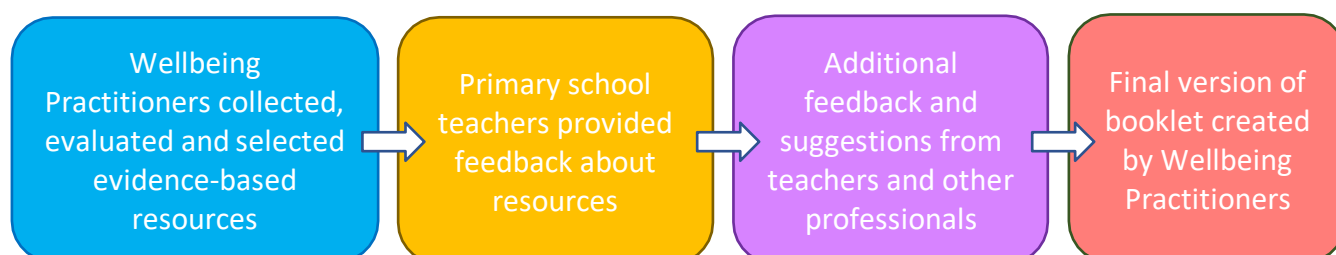
There is a great deal of information out there regarding COVID-19 and wellbeing. We have included in this booklet what we consider to be the best resources that have been made by other services or organisations. We apologise if you come across any issues with using the resources or any errors within 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 originally created in April 2020 by the Ealing Mental Health Support Team (MHST) in response to the current Covid-19 situation, and has been adapted for teachers working in Hounslow schools. Hounslow 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.

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

This is how helpful, evidence-based resources were included in the booklet:



A range of further support services are listed 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.

Primary school teachers in Ealing were asked 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.

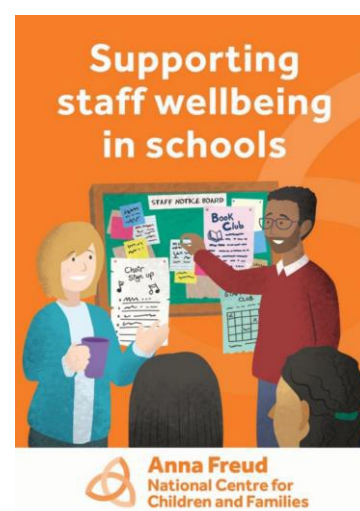
Find out more: [The Happy Newspaper](#)
[Hope in a time of crisis](#)
[Coronavirus: How to help safely](#)

Resources for teachers

Teachers and other school based staff are facing particularly difficult times at the moment. As well as trying to still operate as best they can they are also faced with pupils and families extra anxieties, in addition to looking after their own and their colleagues' mental health and wellbeing. This document highlights some of the resources that are out there for those working in primary schools. There are links to operational guidance and toolkits for looking after your own and your colleagues' mental health and wellbeing. Local information can be found at the end of the document.

The [Anna Freud](#) Centre have developed a range of resources for schools, children, young people and their families. The information may be useful for those working in schools.

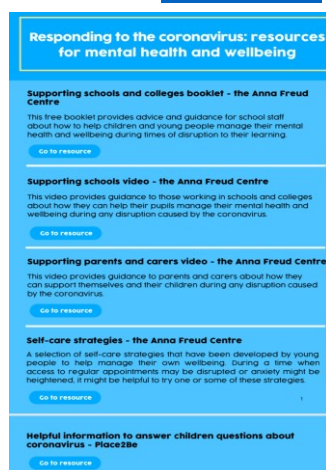
Helpful ★★★★★



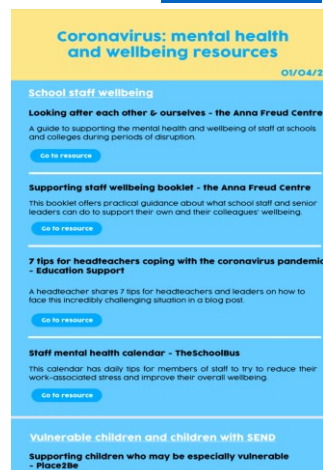
[Mentally Healthy Schools](#) is a website for primary schools run by Anna Freud Centre. They publish a toolkit every fortnight of a roundup of relevant resources for primary schools at this time.

Helpful ★★★★★

Covid-19 Toolkit #1



Covid-19 Toolkit #2



Covid-19 Toolkit #3



Tes have a support hub and an online [coronavirus blog](#)



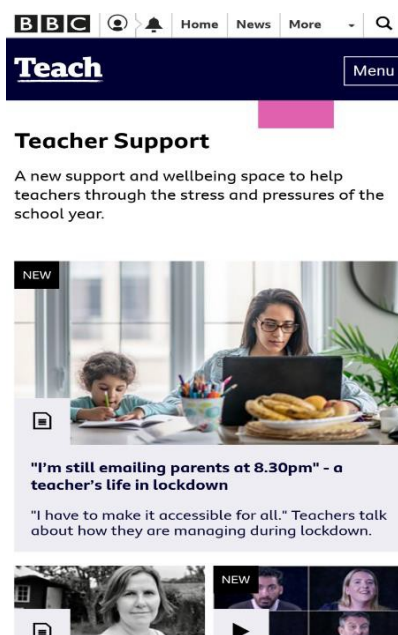
NAHT have a [coronavirus news and guidance page](#)



Coronavirus - news and guidance for school leaders

With the situation changing rapidly in reaction to the Covid 19 coronavirus pandemic, we've set up a central place for you to access the latest news and advice for school leaders.

The [BBC Teach](#) website, as well as lessons and curriculum based resources, have a page called [Teacher Support](#) that provides wellbeing information



The charity [Education Support](#) have a free telephone helpline for teachers and school staff **08000 562 561** offering counselling, coaching and signposting



Need to talk?

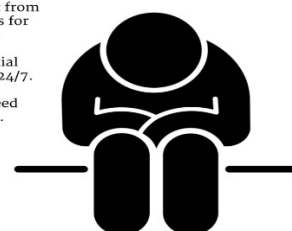
Get emotional support in uncertain times

Call our helpline:
08000 562 561
[educationsupport.org.uk/helpline](https://www.educationsupport.org.uk/helpline)

Emotional support from trained counsellors for all education staff.

Free and confidential helpline available 24/7.

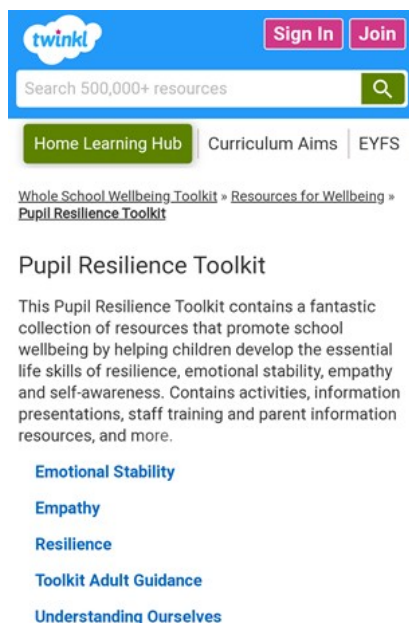
Use it when you need someone to talk to.



Registered charity 1051436

Helpful ★★★★★

[Twinkl](#) have a range of [wellbeing resources](#)



[Place2Be](#) have some [activity ideas](#) for teachers to use to enhance pupils wellbeing



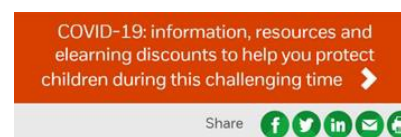
Coronavirus: wellbeing activity ideas for schools

In light of the evolving situation around coronavirus (COVID-19), some teachers may be looking for activities to boost pupils' wellbeing.

The [Children's Commissioner](#) has some useful information on protecting children, including keeping [online classrooms safe](#)



[NSPCC Learning](#) have information on [safeguarding](#) at this time



Undertaking remote teaching safely

Last updated: 21 Apr 2020

Topics: [News](#) Type: [News](#)



This is a really challenging time for everyone. With schools all over the UK closing due to coronavirus (COVID-19), we've received

Helpful ★★★★★

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 regarding schools

Hounslow Council has operational guidance for schools in Hounslow during this time on the [Hounslow.gov.uk](https://www.hounslow.gov.uk) website. Information on where and how to receive mental health and wellbeing support can be found [here](#) and [here](#).

 Add \ Update Listing

Family Services ▾ Young Hounslow ▾ Local Offer ▾ What's On My Shortlist 0

You are in: / [Home](#) / COVID-19 School closures, Education, Exams and Childcare


COVID-19 School closures, Education, Exams and Childcare


Since Monday 23 March, nurseries, schools and colleges have remained open to a priority group of children and young people, children of [critical workers](#) and [vulnerable children](#).

The Government has now set out plans to begin preparing for the phased return of children and young people to nurseries, schools and colleges, from next month.

[Read the latest guidance for parent and carers.](#)

 Print

 Add to My Shortlist

 Back to results

Hounslow Schools

[A list of schools currently open for keyworkers](#) (subject to change as the situation develops)

Hounslow Ofsted Registered Childcare

[A list of childcare providers open for key workers](#) (subject to change as the situation develops)

If (as a key worker) you are having to pay additional costs for childcare during this period, visit [Childcare Choices](#) to see if you are entitled to any additional financial support.

[Home](#) / [Coronavirus](#) / [Mental health and wellbeing](#)

Mental health and wellbeing

During the COVID-19 situation, [Hounslow's Clinical Commissioning Group](#) and the Council have increased access to counselling services.

Please note: that all counselling services will be provided by telephone either via Zoom or Skype video only.

Council's Mental Health team

We support well-being and provide help to anyone who has social care needs and is suffering with their mental health.

Contact: 020 8583 3003 and press ext. one.

Open Access - Anchor Counselling Service

Anchor Counselling Service has significantly expanded its capacity to be able to offer open access for anyone experiencing the need for mental health support. This can be for NHS staff or members of the public experiencing emotional difficulties as a result of coronavirus pandemic. The service will aim to respond to a request for help within 24 hours during Monday to Friday. However NHS staff will be given priority.

How to self-refer: the new process during COVID-19

- People may self-refer via [Anchor Counselling's website](#)
- You can also email - therapy@anchorcounselling.org

Related Information

[Downloads](#)
[News](#)

You are in: / [Home](#) / COVID-19 Health and Wellbeing

COVID-19 Health and Wellbeing

Local Support and advice

[Up to date information and advice](#) available on the Hounslow Council Website

[The Hounslow Community Support Hub](#) is here to harness that fantastic community spirit, and ensure the borough's most at risk and isolated people receive the food supplies they need and other essential support, which may range from befriending to more complex care. Please contact 020 7084 9697 or Hub@hounslow.gov.uk.

Immunisations - Whilst preventing the spread of coronavirus is a public health priority, so is keeping up with routine immunisations to avoid outbreaks of other vaccine preventable diseases. You will usually be contacted by your GP surgery if you are or your child is due a routine vaccine, but you can also contact them if you know a vaccination is due.

It is important to go to your appointments unless you, your child or someone you live with has symptoms or coronavirus. Hounslow GP surgeries are still providing routine immunisations in a safe environment, if you have concerns about attending you should call your surgery to discuss.

[Children's Centres](#) although you can not visit a children's centre at the moment they are still offering support and advice to families with children aged 0-5 years.

Hounslow's ChatHealth team - If you are worried about any aspect of your health, feeling stressed about anything text 07507 333176 and a member of the NHS school nursing team will come back to you within 24 hours from 9am to 4.30pm, Monday to Friday.

Hounslow Education Psychology service have written [a guide for emotional well being for families](#) with



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

Hounslow Citizens Advice Bureau Service - <http://www.hounslowcabs.org.uk/>

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

» Call 0300 330 1185

Hounslow Council - <https://www.hounslow.gov.uk/coronavirus>

You will find links that will take you to regularly updated pages with the latest council service information, and links to finding COVID-19 related support.

Hounslow Family Information Service - <https://fsd.hounslow.gov.uk/>

The Family Information Service offers an information and signposting service on aspects of family life for parents of children and young people aged 0-19.

» Call 020 8583 3470

» Email: fis@hounslow.gov.uk

Hounslow Families Service Directory – <https://fsd.hounslow.gov.uk/>

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

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

<https://fsd.hounslow.gov.uk/kb5/hounslow/fsd/service.page?id=21cDAbSWacE>

Hounslow Hub – <http://www.hounslowhub.org.uk/>

Hounslow Hub brings together all of Hounslow's volunteering services and provides information on how to receive and give COVID-19 support.

Hounslow Child and Adolescent Mental Health Services (CAMHS) –

<https://www.westlondon.nhs.uk/services/gp-information/cahms>

CAMHS offers assessment and treatment for children and young people under 18 years old who have emotional, behavioural or mental health difficulties. A duty worker is available to discuss

Potential referrals:

» Call 020 8483 2050 (9am-5pm, Monday-Friday).

Young Hounslow – <https://fsd.hounslow.gov.uk/kb5/hounslow/fsd/>

Young Hounslow provides general and COVID-19 information for young people.

Hounslow Wellbeing Network - <https://www.wellbeing-network.org/>

The Hounslow Wellbeing Network provides a telephone and email service to adults feeling isolated and worried about the coronavirus.

» Email hello@wellbeing-network.org

» Call 07710 760687 (10 am–4 pm, Monday-Friday)

Hounslow services for SEND

Hounslow Local Offer - www.Hounslowlocaloffer.org.uk

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

Family Matters - <https://www.ruils.co.uk/services/family-matters/>

Family Matters is a project led by the charity, Rulis. Parent Support Workers provide practical support, advice and information to families caring for children and young people aged 0-25, with any disability or additional need.

» Email alkatripathi@ruils.co.uk

» Call 07376 354 638/ 020 8831 6083

SEND Information, Advice and Support (SENDIASS) Hounslow – <https://fsd.hounslow.gov.uk/kb5/hounslow/fsd/advice.page?id=MS95wl7aoLU>

SENDIASS provide information, advice and support across all areas of SEN and Disability (0-25) for parents, and for young people aged 16 to 25.

» Call 020 8583 2607

» Email SENDIASS@hounslow.gov.uk

Hounslow.gov.uk – <https://fsd.hounslow.gov.uk/>

This website provides COVID-19 SEND information and provides resources for learning and physical disabilities.

Thank you to the young people, parents, NHS practitioners, teachers and members of Ealing Council who have provided valuable feedback, suggestions and additional resources to include in the booklets.



West London
NHS Trust

**Promoting hope
and wellbeing
together**