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**Last reviewed:** June 2026

**Next scheduled review:** September 2026

**Version:** 3

KSCMP endeavours to review and update this resource on a quarterly basis. Should you encounter broken links or discover that any listed organisations are no longer operational, we invite you to inform us so that we can address these issues during our next scheduled update. Please complete our MS feedback form to offer feedback on this resource and also to let us know if a link is no longer available / working. [Navigate Wellbeing: feedback form](#)

## **Navigate Wellbeing: Mental Health Signposting for Education Settings**

This document has been developed by the KSCMP Business Team, in collaboration with members of the KSCMP Education Safeguarding Group, to support education settings in accessing a wide range of local and national resources related to Mental Health and Wellbeing.

Its purpose is to help education professionals easily locate information, tools, and services across various wellbeing themes. While we make reasonable efforts to ensure the accuracy and currency of the information provided, KSCMP does not accept responsibility or liability for any errors or omissions.

Please note the following important points:

- **Due diligence:** Education settings should carry out their own checks before engaging with any service or organisation listed.
- **Impartiality:** Inclusion of a service or website does not constitute endorsement by KSCMP. We do not recommend or promote any specific organisations.
- **Service charges:** Some organisations listed may charge for the services they offer. Their inclusion does not imply approval or endorsement of these charges or services.

This resource is structured by wellbeing theme or area, with the contents table below providing hyperlinks for swift navigation to each section. In addition to the themed sections, there are general resources and further links towards the end of the document, which may be of relevance to all staff members.

Each theme presents information and links categorised according to the intended audience, such as children and young people, education staff, and parents. Furthermore, resources are grouped into proactive strategies, immediate support, and ongoing or long-term assistance.

Please be aware that some resources or links may appear in multiple sections within a theme. Users are encouraged to explore all relevant areas, as certain resources may be applicable across several categories or audiences.

We hope this resource serves as a helpful starting point for navigating the support available to promote mental health and wellbeing in your setting.

### **In an Emergency**

**If a child is at immediate risk or requires urgent assistance, contact 999. For mental health crisis, please call 111. The following poster provides guidance for accessing appropriate support promptly:**

[Kent Resilience Hub — Get Help Now webpage and infographic of services](#)

The KSCMP website provides guidance on what actions to take if you have concerns about a child ([Worried about a child](#)). It includes instructions on submitting a request for support form through the Kent Children's portal and offers access to the Kent Support Level Guidance (SLG) sheet, which gives further details about various levels of support and how to contact Early Help teams. Additionally, information on the Front Door Service consultation service is available.

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Click on the links below to take you directly to the theme of your choice.

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## Attachment and Relationships / Separation Anxiety resources

	Pro-active measures	Immediate support	Longer-term support
<b>For the child / young person</b>	<p><b>General information:</b> General anxiety resources and PSHE could be reflected upon from the anxiety section in this document.</p>	<p><b>National:</b> <a href="#">Anna Freud offers a range of resources around looking after mental health including self care.</a></p>	<p><b>Local:</b> <a href="#">Children and Young People's Mental Health Service (CYPMHS / CAMHS) provides assessment, treatment and ongoing support for children whose anxiety or emotional difficulties are significantly impacting daily life</a> <a href="#">Children and Young People's Mental Health Service (CYPMHS)</a></p> <p><a href="#">Kent Children and Young People's Emotional Wellbeing and Mental Health Therapeutic Alliance offers structured, ongoing support for children with moderate or persistent needs Kent Therapeutic Alliance.</a></p> <p><a href="#">Kooth offers ongoing, accessible online support for young people with anxiety, available year-round without referral Kooth online support</a></p>
<b>For education staff</b>	<a href="#">YoungMinds – professional resources</a>	<b>Advice and Support:</b>	

	Pro-active measures	Immediate support	Longer-term support
	<p>Teaching materials and guidance to support emotional wellbeing and relationship development in school  <a href="#">Building supportive relationships with young people - Young Minds</a></p> <p><b>Training / INSET:</b>  <a href="#">What is attachment? – Anna Freud. Information for professionals. Also offers a guide for early years workers on using attachment ideas in their day to day practice.</a></p> <p><a href="#">NSPCC Learning – attachment and child development</a> Information on how secure attachment develops and how responsive caregiving supports children’s wellbeing.</p> <p><a href="#">Attachment and trauma-informed practice guidance</a> Supports staff to understand behaviour as communication and embed relational approaches. (Lancashire County Council Resource)</p> <p><a href="#">Information about Attachment</a></p>	<p>Parent Kind have produced a handout for parents <a href="#">Separation-anxiety.pdf</a></p> <p>Kent Resilience Hub – i-THRIVE approach supports schools to understand and respond to children’s emotional and mental health needs, including anxiety and attachment-related difficulties <a href="#">Understanding i-THRIVE</a></p>	

	Pro-active measures	Immediate support	Longer-term support
	<p><a href="#">awareness and trauma-informed practice. Document includes, books and further sources of information.</a></p> <p>Mentally Healthy Schools - Teachers pack detailing whole class approach as well as single pupil support <a href="#">rebuild-and-recover-reducing-separation-anxiety-teachers-planning-pack.pdf</a> This includes a range of other resources.</p>		
<b>For parents / carers</b>	<p><b>General Information:</b> <a href="#">What is attachment? – Anna Freud. Information for parents / carers.</a></p> <p><a href="#">NHS Every Mind Matters – supporting children’s mental health</a> Guidance on building positive routines, listening to children and supporting emotional wellbeing.</p> <p><a href="#">NSPCC Learning – attachment and child development</a></p>	<p><b>National:</b> <a href="#">NHS attachment information. Includes books, websites and a leaflet.</a></p> <p>Parent Talk includes advice on how to deal with separation anxiety as well as some links to books that talk about this topic in story form <a href="#">Child separation anxiety advice for parents and carers</a></p>	<b>Local:</b>

	Pro-active measures	Immediate support	Longer-term support
	<p>Information on how secure attachment develops and how responsive caregiving supports children's wellbeing.</p> <p>Action for children includes advice on how to deal with separation anxiety as well as some links to books that talk about this topic in story form <a href="#">Child separation anxiety advice for parents and carers</a></p> <p>Parent Kind have produced a handout for parents <a href="#">Separation-anxiety.pdf</a></p> <p>CBeebies Parenting has a webpage - <a href="#">How to help your child with separation anxiety when starting school - BBC Tiny Happy People</a> – includes tv shows that can be watched together on the topic of first day of school.</p>	<p><b>Local:</b></p> <p><a href="#">Kent Community Health NHS Foundation Trust offers practical guidance and free online courses to help parents understand children's emotions, manage anxiety and strengthen relationships Supporting your child's emotional wellbeing</a></p> <p><a href="#">Early Help and Family Hubs provide early support for families where children may be experiencing emotional, behavioural or relationship difficulties Early Help support for families</a></p>	

## Attention deficit hyperactivity disorder (ADHD)

	Pro-active measures	Immediate support	Longer-term support
<b>For the child / young person</b>	<p><b>General information:</b>  <a href="#">A short video designed for children to explain LD, autism and ADHD – NHS Kent and Medway</a></p> <p><a href="#">ADHD resources for children and young people and their carers – Transformation Partners in Health and Care. Website includes downloadable booklets, a children’s guide and a teenagers guide.</a></p> <p><a href="#">Mental Health Foundation offers advice and support for children and young people on the topic of ADHD.</a></p>	<p><b>National:</b>  <a href="#">ADHD resources in the UK – ADHD Zone. Videos and information to help on a range of topics including talking therapies, sleeping, school SATS.</a></p> <p><a href="#">YoungMinds ADHD and Mental Health advice for young people.</a></p> <p><a href="#">Centre for ADHD and Autism Support have produced a range of resources for young people including Mental Health Toolkit, a tricky moments plan and various other tips and templates to help support and young people with positive strategies.</a></p> <p><a href="#">Shout – Urgent mental health support. Text service for children.</a></p> <p><a href="#">Mind ADHD and mental health support and guidance. Includes other signposting and specific advice for young people.</a></p>	

	Pro-active measures	Immediate support	Longer-term support
For education staff	<p><b>Training / INSET:</b>  <a href="#">Falling Letters: Animate film about growing up with ADHD. Swedish animated film. Kent Resilience Hub</a></p> <p><a href="#">KSCMP has a range of multi-agency training, both elearning and delivered courses.</a> Access the full training catalogue on the website. Training is free but users need to create an account for the online training portal.</p> <ul style="list-style-type: none"> <li>• ADHD Awareness (elearning)</li> <li>• Autism Awareness (elearning)</li> </ul> <p><b>General information:</b>  <a href="#">ADHD in children and young people - NHS</a></p> <p><a href="#">ADHD in children and young people – NHS Kent and Medway</a></p> <p><a href="#">What is ADHD? ADHD UK YouTube video (2mins 30s)</a></p> <p><a href="#">ADHD from Childhood to Adulthood (Symptoms and Traits) – YouTube video (5mins 51s)</a></p>	<p><b>Advice and Support:</b>  <a href="#">Kent and Medway Integrated Care System – information on Autism and ADHD services</a></p> <p><a href="#">Centre for ADHD and Autism Support have produced a range of resources for young people including Mental Health Toolkit, a tricky moments plan and various other tips and templates to help support and young people with positive strategies.</a></p>	

	Pro-active measures	Immediate support	Longer-term support
	<p><a href="#">ADHD resources for children and young people and their carers – Transformation Partners in Health and Care. Website includes downloadable booklets, a parents/carers and primary care guide.</a></p> <p><b>PSHE related:</b> <a href="#">Classroom posters relating to emotion and attention regulation strategies (KS1&amp;KS2)</a></p>		
<b>For parents / carers</b>	<p><b>General Information:</b> <a href="#">ADHD services frequently asked questions by families – NHS Kent and Medway</a></p> <p><a href="#">Information about ADHD including both child and adult ADHD. ADHD UK.</a></p> <p><a href="#">Kent Adult Education provides free courses on “Supporting ADHD in the Home” and “Strategies to Support Your ADHD Child-webinar”.</a></p> <p><a href="#">ADHD resources for children and young people and their carers – Transformation Partners in Health and</a></p>	<p><b>National:</b> <a href="#">Centre for ADHD and Autism Support have produced a range of resources for young people including Mental Health Toolkit, a tricky moments plan and various other tips and templates to help support and young people with positive strategies.</a></p> <p><b>Local:</b> <a href="#">Information for families on Autism and ADHD in children: a support handbook and films - Kent Resilience Hub</a> <a href="#">A handbook for families – Information</a></p>	<p><b>Local:</b> <a href="#">Information for families on Autism and ADHD in children: a support handbook and films - Kent Resilience Hub</a></p> <p><a href="#">Kent Parent and Carer Together (PACT). A parent carer forum for parents / carers of children and young people with disabilities. Join their forum to help get your voice heard and meet other parents.</a></p> <p><a href="#">Information, Advice and Support Kent (IASK). A free, confidential and impartial service based in Kent to</a></p>

	Pro-active measures	Immediate support	Longer-term support
	<a href="#">Care. Website includes downloadable booklets, a parents/carers and primary care guide.</a>	<a href="#">on autism and ADHD in children. KCC and NHS</a>	support you and your family. IASK also offer parent workshops and local events.

## Alcohol Misuse Resources

	Pro-active measures	Immediate support	Longer-term support
<b>For the child / young person</b>	<p><b>PSHE sessions</b> Promote facts and risks of alcohol. Discuss the laws surrounding alcohol use, as well as consequences of their use. Lessons could include social pressures and coping mechanisms. Consider the impact of cultural and religious beliefs on alcohol use, providing context and sensitivity to different perspectives. These elements should be integrated into a planned PSHE education curriculum to ensure comprehensive and effective teaching of alcohol related topics.</p> <p><b>Information:</b> <a href="#">Young Minds information page about Drugs and Alcohol.</a> (Includes the law and effects of drugs and alcohol on Mental Health)</p> <p><a href="#">Young Minds information page on how to support a friend with Mental Health issues.</a></p>	<p><b>National:</b> <a href="#">Young Minds information page on how to speak to a GP about alcohol and drugs issues.</a></p> <p><a href="#">Young Minds guide to CAMHS and mental health support.</a></p> <p><a href="#">Talk to Frank (General information page and can search by name of drugs)</a> <a href="#">Talk to Frank (Alcohol specific page) – includes information including effects, risks, addiction and the law.</a></p> <p><a href="#">Drinkaware (Main page containing links to other information tools and support services)</a> <a href="#">Drinkaware – Drinkchat Support line</a></p> <p><a href="#">We Are With You – Drug and Alcohol support service.</a></p> <p><a href="#">Alcoholics Anonymous – includes explanatory supportive films and also information regarding support.</a></p>	<p><b>Local:</b> <a href="#">Kent and Medway Mental Health NHS - Alcohol and substance misuse advice and contacts</a></p> <p><a href="#">KCC website offering signposting to Kent drug and alcohol services</a></p> <p><b>National:</b> <a href="#">NACOA (National Association for Children of Alcoholics) offer free confidential helpline and online support for children and young people affected by parent’s drinking.</a></p> <p><a href="#">The Children’s Society’s Stars initiative provides a hub of information, guidance and resources on parental drug and alcohol use, and the impact it has on children and families.</a></p>

	Pro-active measures	Immediate support	Longer-term support
	<p>The Mix website has a list of alcohol related information pages (5-10 mins read) -</p> <ul style="list-style-type: none"> <li>• <a href="#">The Mix – What does alcohol do to you?</a></li> <li>• <a href="#">The Mix – My mum was an alcoholic.</a></li> <li>• <a href="#">The Mix – Going Sober</a></li> <li>• <a href="#">The Mix – Am I drinking too much?</a></li> <li>• <a href="#">The Mix – Drink Driving</a></li> <li>• <a href="#">The Mix – What is addiction?</a></li> <li>• <a href="#">The Mix – What is recovery?</a></li> <li>• <a href="#">The Mix - Overdosing</a></li> </ul> <p><a href="#">Mental Health Foundation offers advice and support for children and young people on the topic of Alcohol and Mental Health.</a></p>	<p><a href="#">Children’s Society support for children who have a parent with an alcohol or drug addition (Substance Misue)</a></p> <p><a href="#">Alateen -Support for young people aged 12-17 who have relatives or friends that are alcoholics.</a></p> <p><a href="#">Childline – Online, on the phone, anytime (Information page specific to alcohol and drinking) Contains information about young people drinking and also regarding parents or carers drinking.</a></p> <p><b>Local:</b></p> <p><a href="#">We are with you – Drug and Alcohol Support for under 25s in Kent.</a></p> <p><a href="#">KCC webpage for friends and family help if someone you care about has problems with alcohol or drugs.</a></p> <p><a href="#">IMAGO – Support for Young Carers. A young carer may be someone supporting a parent with a alcohol or drug issue.</a></p>	

	Pro-active measures	Immediate support	Longer-term support
For education staff	<p><b>General information</b>  <a href="#">Drinkaware – Underage drinking</a>            Information as to why some young people may drink, the law and how to talk to young people.</p> <p><a href="#">KCHFT offers information and resources for professionals to access related to drugs and alcohol.</a></p> <p><b>Training / INSET:</b>  <a href="#">DFE Teacher training: drugs, alcohol and tobacco – information and Powerpoint</a></p> <p><a href="#">KSCMP has a range of multi-agency training, both elearning and delivered courses.</a> Access the full training catalogue on the website. Training is free but users need to create an account for the online training portal.</p> <ul style="list-style-type: none"> <li>• Hidden Harm – Parent Substance Misuse, Parental Mental Illness and Domestic Abuse. (elearning)</li> <li>• Substance Misuse (elearning)</li> <li>• Impact of Parent Mental Health on Children seminar</li> </ul>	<p><b>Advice and Support:</b>  <a href="#">YoungMinds – Supporting a young person to get help</a></p> <p><a href="#">KCC “Help for Professionals” including referring someone for help</a></p> <p><b>For individuals:</b>  <a href="#">Mind and Body Safety Plan – Kent Resilience Hub (Drug and Alcohol self-harm resource)</a></p>	

	Pro-active measures	Immediate support	Longer-term support
	<p>(recorded session)</p> <p><b>Policy:</b>  <a href="#">Policy: Keeping Children Safe in Education 2025</a> contains information about knowledge of alcohol misuse with safeguarding issues.</p> <p><a href="#">KCHFT signposts to Mentor for reviewing drug and alcohol policies.</a></p> <p><a href="#">Mentor toolkit for schools (promoted by NHS).</a></p> <p><b>PSHE Resources:</b>  <a href="#">PSHE Association – Drug Education (including alcohol). Range of resources across all Key stages.</a></p> <p><a href="#">PSHE Association – Drug education for pupils with SEND (KS2-4)</a></p> <p><a href="#">Talk About Alcohol – Teacher manual and guidance produced by Alcohol Education Trust. Lesson ideas and resources included. (11-18 year olds)</a></p> <p><a href="#">TES PSHE – The dangers of alcohol</a></p>		

	Pro-active measures	Immediate support	Longer-term support
	<p>(11-14)</p> <p><a href="#">TES PSHE – Drug and Alcohol awareness (7-11)</a></p> <p><a href="#">KS2 PSHE: Living with alcoholism - BBC Teach</a></p>		
<b>For parents / carers</b>	<p>Sharing of PSHE resources when topic of alcohol misuse covered. If appropriate, a Q&amp;A session could be offered.</p> <p><b>Information:</b> <a href="#">Drinkaware Parent page – Could your teenager child be drinking to cope?</a></p> <p><a href="#">YoungMinds Drugs and Alcohol page for Parents/Carers</a> (Includes information on how to speak to your child and also useful helplines and websites).</p>	<p>See child / young person section for how children can gain support through local support services.</p> <p><b>National:</b> <a href="#">Drinkaware – Advice and support services if a child is drinking.</a></p> <p><a href="#">YoungMinds Parent helpline</a></p> <p><b>Local:</b> <a href="#">KCC webpage for friends and family help if someone you care about has problems with alcohol or drugs.</a></p>	

## Anorexia Resources (Eating Disorders)

	Pro-active measures	Immediate support	Longer-term support
<b>For the child / young person</b>	<p><b>PSHE sessions:</b> The PSHE curriculum in England does not specifically reference eating disorders as a required area of study. However, it is important for schools to be aware of the potential impact eating disorders can have on students' physical and emotional wellbeing. Educators should be prepared to respond to any related concerns in a sensitive and informed manner. This may include exploring themes such as balanced nutrition, the risks associated with restrictive eating behaviours, and the importance of seeking support when needed. Promoting health and wellbeing, including mental health awareness, remains a key aspect of effective PSHE delivery.</p> <p><a href="#">PSHE Association - Food for thought KS1-4 PSHE lesson packs</a></p>	<p><b>National:</b> Caraline (a charity established in 1994) <a href="#">offers information about different types of eating disorder</a> and some <a href="#">self-help resources on their webpage</a>.</p> <p><a href="#">BEAT Eating Disorders has a guide for young people who are worried about someone with an eating disorder.</a></p> <p><a href="#">Mental Health Foundation offers advice and support for children and young people on the topic of Anorexia nervosa. They also provide information about diet and mental health.</a></p> <p><b>Local:</b> <a href="#">Eating disorders service-Kent and Medway- NELFT NHS Foundation Trust   NELFT NHS Foundation Trust</a></p>	<p><b>Local:</b> <a href="#">KCC signposting website to various support services.</a></p> <p><b>National:</b> <a href="#">BEAT Eating Disorders offers structured recovery programs and ongoing peer support to help individuals maintain progress overtime.</a></p>
<b>For education staff</b>	<p><b>General information:</b> <a href="#">National Centre for Eating Disorders has a webpage full of information</a></p>	<p><b>Advice and Support:</b> <a href="#">How to support a parent with an eating disorder - BEAT Eating</a></p>	<p><b>Advice and Support:</b> <a href="#">BEAT Eating Disorders offers advice and support for professionals who are</a></p>

	Pro-active measures	Immediate support	Longer-term support
	<p><a href="#">called Eating Disorders and Schools.</a> Offers information related to whole schools approach, training, supporting children and parents.</p> <p><a href="#">Types of Eating Disorder</a> - BEAT Eating Disorder. Information page which covers the types of eating disorders, alongside information as to who gets them, what can cause them and how they are diagnosed.</p> <p><b>Training / INSET:</b> <a href="#">National Centre for Eating Disorders offers professional training courses.</a></p> <p><a href="#">Information about what Anorexia is – National Centre for eating Disorders</a></p> <p><a href="#">Eating Disorders and PSHE Education – Professionals Pack (2024)</a></p> <p><a href="#">BEAT Eating Disorders offers training and events</a></p> <p><a href="#">Transformation Partners in Health and Care – Children and young people’s eating disorders resources including</a></p>	<p><a href="#">Disorders. The information includes how a child might be affected.</a></p> <p><a href="#">BEAT Eating Disorders has an information page on tips for supporting someone with an eating disorder</a></p> <p>Caraline (a charity established in 1994) <a href="#">offers information about different types of eating disorder</a> and some <a href="#">self-help resources on their webpage.</a></p> <p><b>For individuals:</b> <a href="#">How to refer to NELFT Eating Disorder Service (Minimum age of 8 years old)</a></p> <p><b>Workshops:</b> Education professionals can access professionals training - <a href="#">Charlie Waller Trust offers Eating disorder workshops for parents and carers.</a></p>	<p><a href="#">worried about pupils.</a></p>

	Pro-active measures	Immediate support	Longer-term support
	<p><a href="#">spotting the symptoms video and education guidelines.</a></p> <p><a href="#">New Maudsley Carers – Kent. Jenny Langley works with New Maudsley and Charlie Waller Trust. Runs workshops, training for schools/parents/carers about eating disorders.</a></p> <p><a href="#">KSCMP has a range of multi-agency training, both elearning and delivered courses.</a></p> <p><a href="#">KSCMP has a range of multi-agency training. Access the full training catalogue on the website.</a> Training is free but users need to create an account for the online training portal.</p> <ul style="list-style-type: none"> <li>• Eating Disorders (elearning)</li> <li>• Food Allergy Awareness (elearning)</li> </ul> <p><b>Policy:</b> <a href="#">Cochrane Review: the impact of health education within health promoting schools.</a></p> <p><b>PSHE Resources:</b> <a href="#">PSHE Association – Unhealthy coping</a></p>		

	Pro-active measures	Immediate support	Longer-term support
	<p><a href="#">strategies – self-harm and eating disorders. PSHE Association (KS3)</a></p> <p><b>PSHE / School Resources:</b>  <a href="#">TES PHSE resources relating to eating disorders and anorexia</a></p> <p><a href="#">KS2/KS3 PSHE – Anorexia – Kirsty’s story (BBC)</a></p> <p><a href="#">KS3 PSHE Eating Disorders – Jack’s Story (BBC)</a></p> <p><a href="#">TES PSHE – Anxiety, Depression and Eating disorders (11-14)</a></p>		
<b>For parents / carers</b>	<p>Sharing of PSHE resources when topic of Healthy Eating and other related PSHE aspects are covered. If appropriate, a Q&amp;A session could be offered.</p> <p><b>Information:</b>  <a href="#">Information about what Anorexia is – National Centre for Eating Disorders</a>            Information covers a wealth of areas.   <a href="#">Anorexia Nervosa Treatment -</a></p>	<p>See child / young person section for how children can gain support through local NHS.</p> <p><b>National:</b>  <a href="#">National Centre for Eating Disorders webpage offering Information for carers</a></p> <p><a href="#">National Centre for Eating Disorders – More Help for Carers</a></p>	<p><b>National:</b>  <a href="#">BEAT Eating Disorders offers support for carers and families.</a></p> <p><b>Local:</b>  <a href="#">New Maudsley Carers – Kent. Jenny Langley works with New Maudsley and Charlie Waller Trust. Runs workshops, training for schools/parents/carers about eating disorders.</a></p>

	Pro-active measures	Immediate support	Longer-term support
	<p><a href="#">National Centre for Eating Disorders</a> Information gives an overview about different types of treatment.</p> <p><a href="#">Understanding Eating Disorders in Children   Nip in the Bud   Free Downloadable Fact Sheet</a> Includes a section of what can parents and other family members do to help.</p> <p><a href="#">Eating Disorders Videos for Parents and Carers   Nip in the Bud</a> – includes short under 10mins videos on Understanding Eating Disorders, Anorexia in Boys, Bulimia in Young People</p> <p><a href="#">Mind – Information about eating problems, their causes, treatment and support.</a> Includes the difference between eating problems and eating disorders.</p> <p><a href="#">Kent Adult Education provides free courses on “Supporting Your Child’s Anxiety”.</a></p>	<p><a href="#">BEAT Eating Disorders – Tips for supporting someone with an eating disorder</a></p> <p><a href="#">BEAT Eating Disorders Peer Support and Online Development for Carers</a></p> <p><b>Local:</b> <a href="#">NELFT assessment leaflet about the Eating Disorder service for Kent and Medway.</a></p>	

## Anxiety

	Pro-active measures	Immediate support	Longer-term support
<b>For the child / young person</b>	<p><b>PSHE sessions:</b> The PSHE curriculum should aim to support topics related to anxiety, which will vary based on age and individual needs. Common areas of focus may include mental health, relationships, and online safety. Schools are encouraged to incorporate content that addresses the emotional and psychological aspects of anxiety, such as recognising signs of anxiety, managing stress, and developing strategies for coping with difficult emotions.</p> <p><b>Information:</b> The Mix website has a list of anxiety related information pages (5-10 mins read) -</p> <ul style="list-style-type: none"> <li>• <a href="#">The Mix - What is anxiety?</a></li> <li>• <a href="#">The Mix – A guide to Social anxiety</a></li> <li>• <a href="#">The Mix - Navigating University with anxiety</a></li> </ul>	<p><b>National:</b> <a href="#">LifeSkills Anxiety: A self-paced learning topic on anxiety by The Mix. Includes how to keep on top of feelings of anxiety</a></p> <p><a href="#">Shout – Urgent mental health support. Text service for children.</a></p> <p><a href="#">Mental Health Foundation offers advice and support for children and young people on the topic of Anxiety</a></p> <p><b>Local:</b> <a href="#">Youth access page with finding youth advice and counselling in the local area. (11-25 year olds)</a></p> <p><a href="#">Support for children and young people – various links from NHS Kent and Medway ICB</a></p> <p><a href="#">Live Well Kent offers support for mental health and general wellbeing for 17+</a></p>	<p><b>Local:</b> <a href="#">Children and Young People’s Counselling Service – Kent Community Health NHS</a></p> <p><b>National:</b> <a href="#">Anxiety support page for teens – Anxiety. Health for Teens</a></p> <p><b>Activities:</b> <a href="#">How to make a calming kit</a></p>

	Pro-active measures	Immediate support	Longer-term support
	<ul style="list-style-type: none"> <li>• <a href="#">The Mix - Looking after your mental health when starting university</a></li> <li>• <a href="#">The Mix - Exam Anxiety: Manage stress and boost your performance</a></li> <li>• <a href="#">The Mix - What is overthinking?</a></li> <li>• <a href="#">The Mix - A guide to self care</a></li> </ul> <p><a href="#">Mental Health Foundation offers advice and support for children and young people on the topic of Mindfulness.</a></p>		
<b>For education staff</b>	<p><b>General information:</b> <a href="#">Anxiety information on the National Autistic Society webpage</a></p> <p><a href="#">Introduction to anxiety, common concerns, importance of encouragement and speaking with parents. Anna Freud video – about 6 mins.</a></p> <p><a href="#">Royal College of Psychiatrists. Information page about anxiety and young people includes some self help strategies.</a></p>	<p><b>Advice and Support:</b> <a href="#">Supporting Children with Anxiety: 8 practical strategies for Teachers. Worth-It</a></p> <p><a href="#">26 ways to help students who struggle with anxiety. We are Teachers</a></p> <p><a href="#">How to Tackle Student Anxiety. A guide to addressing student anxiety in primary and secondary schools. Less Beckett University.</a></p> <p>Teachers / school staff can direct</p>	

	Pro-active measures	Immediate support	Longer-term support
	<p><b>PSHE / School Resources:</b>  <a href="#">Embracing change and new challenges (KS1&amp;2) PSHE association.</a></p> <p><a href="#">The Mental Health Foundation has a variety of school packs covering different areas which could link to anxiety.</a></p> <ul style="list-style-type: none"> <li>• Loneliness: Finding out connections to feel less lonely.</li> <li>• Healthy relationship: With ourselves and with our peers.</li> <li>• Sleep: Finding our confidence with sleep.</li> <li>• Kindness: Why kindness matters.</li> <li>• Nature: Connecting with the world around us.</li> </ul> <p><b>Training / INSET:</b>  <a href="#">Anxiety recorded webinar for school staff working with children in KS2 and KS3. Developed by Kent Education Psychology Service in connection with other KCC services. (Made 2021-27mins).</a></p>	<p>parents / carers to the below information to make referrals / gain support.</p> <p><a href="#">Supporting a child with anxiety – Anna Freud Mentally Health Schools</a></p>	

	Pro-active measures	Immediate support	Longer-term support
	<p><a href="#">Recorded webinar –Understanding anxiety with young people. NELFT. It covers what is anxiety, how to support children and young people who are anxious. Approx 1 hour in length. Produced June 2023</a></p> <p><a href="#">KSCMP has a range of multi-agency training, both elearning and delivered courses.</a> Access the full training catalogue on the website. Training is free but users need to create an account for the online training portal.</p> <ul style="list-style-type: none"> <li>• Mental Health awareness (elearning)</li> <li>• Supporting Mental Wellbeing and Emotional Health in Education (elearning)</li> </ul>		
<b>For parents / carers</b>	<p><b>Information:</b> <a href="#">NHS page relating to anxiety in children. This includes information as to symptoms of anxiety and how to help an anxious child.</a></p> <p><a href="#">Leaflet for parents about anxiety. From Kent Resilience Hub</a></p> <p><a href="#">A parent’s guide to supporting a child</a></p>	<p><b>National:</b> <a href="#">Young Minds Parent helpline</a></p> <p><a href="#">NHS page support for children and young people with Mental Health / anxiety</a></p> <p><b>Local:</b> <a href="#">NHS page for parents on supporting a child with anxiety and when to get</a></p>	<p><b>National:</b> <a href="#">NSPCC – Supporting a child with depression or anxiety</a></p>

	Pro-active measures	Immediate support	Longer-term support
	<p><a href="#">with anxiety – Young Minds</a></p> <p><a href="#">Anxiety recorded webinar for parents and carers with children in KS2 and KS3. Developed by Kent Education Psychology Service in connection with other KCC services. (Made 2021-27mins).</a> The webinar focuses on what is anxiety and supporting children and young people experiencing anxiety.</p> <p><a href="#">Royal College of Psychiatrists. Information page about Young people’s and children’s mental health. There are some videos and a list of topics which parents can access.</a></p>	<p><a href="#">help. Kent Community Health NHS Foundation Trust</a></p> <p><a href="#">InvolveKent – support via the GP</a></p> <p><a href="#">NELFT parent request for support. Parent-led online anxiety support for children aged 5-12.</a></p>	

## Anxiety Related - Depression Resources

	Pro-active measures	Immediate support	Longer-term support
<b>For the child / young person</b>	<p><b>PSHE sessions:</b> The PSHE curriculum should aim to support topics related to anxiety and related depression, which will vary based on age and individual needs. Common areas of focus could include developing healthy coping strategies for managing anxiety and depression, such as communication, problem-solving and resilience. Emotional wellbeing should be included to help students recognise and express emotions and understanding the impact of anxiety and depression on mental health.</p> <p>Opportunities to explore stories of children living with anxiety / depression in an age-appropriate way through the curriculum.</p> <p>YoungMinds have the following case studies –</p> <ul style="list-style-type: none"> <li>• <a href="#">How to Deal With Depression</a></li> </ul>	<p><b>National:</b> <a href="#">Shout – Urgent Mental Health Support</a></p> <p><a href="#">The Mix – Crisis support by text for aged 25 or under</a></p> <p><a href="#">Depression. Signs and symptoms - YoungMinds.</a> Information page and a guide about anxiety.</p> <p><a href="#">Reaching out for help – YoungMinds</a> Includes various guides and information related to a range of support depending on individual circumstances.</p> <p><a href="#">Five self-care tips for depression – Young Minds.</a> A quick read with top tips</p> <p><a href="#">Mental Health guide including how to speak to a doctor- Mind.</a> Includes urgent help information</p>	<p><b>Local:</b> <a href="#">Porchlight offers free support with mental health and wellbeing for people anywhere in Kent</a> (Range of offers including Porchlight adolescent wellbeing service, aged 10-18 – in Ashford, Dover, Folkestone and Hythe, Thanet. Also improving mental health crisis support for young adults aged 18-25)</p> <p><b>National:</b> <a href="#">What is it like being diagnosed with depression - Young minds</a></p> <p><a href="#">Young Persons guide to CAHMS – Young Minds (under 18s)</a></p> <p><a href="#">Support for over 18s – Talking therapies for anxiety and depression. NHS</a></p> <p><a href="#">Support for under 18s - Children and young people’s mental health</a></p>

	Pro-active measures	Immediate support	Longer-term support
	<p><a href="#">in the Summer - YoungMinds</a></p> <ul style="list-style-type: none"> <li>• <a href="#">What It's Like to Have Depression at Christmas - Blog   YoungMinds</a></li> <li>• <a href="#">How Dealing With Anger Helped My Depression Recovery - YoungMinds</a></li> <li>• <a href="#">Katie-Louise's Experience of Mental Health Medication - YoungMinds</a></li> </ul> <p>The Mix website has a list of depression related information pages (5-10 mins read) –</p> <ul style="list-style-type: none"> <li>• <a href="#">The Mix – What is depression?</a></li> <li>• <a href="#">The Mix – Depression at University</a></li> </ul>	<p><a href="#">BBC Newsround – What is depression. Includes text and a 2.5 mins video</a></p> <p><a href="#">BBC Newsround – Why is it hard to talk about problems. Michael Rosen short video and text</a></p> <p><a href="#">Youth access page with finding youth advice and counselling in the local area. (11-25 year olds)</a></p> <p><a href="#">Mental Health Foundation offers advice and support for children and young people on the topic of Depression</a></p> <p><b>Local:</b> <a href="#">MoodSpark looking at depression</a></p> <p><a href="#">MoodSpark – I need help now</a></p> <p><a href="#">NHS KCHFT Chat Health for 11-19 year olds. Text service information.</a></p> <p><a href="#">Live Well Kent offers support for mental health and general wellbeing for 17+</a></p>	<p><a href="#">services. NHS</a></p>

	Pro-active measures	Immediate support	Longer-term support
<b>For education staff</b>	<p><b>Training / INSET:</b>  <a href="#">Anna Freud offers a let's talk about anxiety toolkit for schools and colleges. Free downloadable pack which contains lesson plans, slides, worksheets and a parent/carer guidance.</a></p> <p><a href="#">General worry / anxiety – Anna Freud</a></p> <p><a href="#">KSCMP factsheets</a></p> <ul style="list-style-type: none"> <li>• ACEs</li> <li>• Voice and lived experiences of the child</li> </ul> <p><a href="#">KSCMP has a range of multi-agency training, both elearning and delivered courses.</a> Access the full training catalogue on the website. Training is free but users need to create an account for the online training portal.</p> <ul style="list-style-type: none"> <li>• Mental Health awareness (elearning)</li> <li>• Supporting Mental Wellbeing and Emotional Health in Education (elearning)</li> </ul>	<p><b>Advice and Support:</b>  <a href="#">YoungMinds offer resources relating to anxiety and information on a range of themes including exam stress.</a></p> <p><b>For individuals:</b>  <a href="#">My Self Care Plan – Anna Freud. (Primary age children)</a></p>	
<b>For parents / carers</b>	Sharing of PSHE resources when topic of anxiety and depression covered. If	<b>National:</b> <a href="#">Supporting a child with depression or</a>	<b>National:</b> <a href="#">Anna Freud – Supporting children and</a>

	Pro-active measures	Immediate support	Longer-term support
	<p>appropriate, a Q&amp;A session could be offered.</p> <p><b>Information:</b>  <a href="#">NHS support and information – Depression in children and young people</a> Information about signs of depression in children.</p>	<p><a href="#">anxiety - NSPCC</a></p> <p><a href="#">NHS support and information – Depression in children and young people</a></p> <p><a href="#">Guide for parents/ carers of children and young people with ASD who are experiencing depression. National Autistic Society.</a></p> <p><a href="#">Young Minds – Parent resources including A-Z guide</a></p> <p>Young minds has some case stories of parents experiences of children with depression.</p> <ul style="list-style-type: none"> <li>• <a href="#">YoungMinds - A mother's story of a son with depression (3min read)</a></li> <li>• <a href="#">YoungMinds - A father's story of supporting a child's mental health (5 min read)</a></li> </ul> <p><a href="#">Young Minds Parent helpline</a></p>	<p><a href="#">young people with depression</a></p> <p><a href="#">NSPCC – Supporting a child with depression or anxiety</a></p>

## Autism

	Pro-active measures	Immediate support	Longer-term support
<b>For the child / young person</b>	<p><b>General information:</b>  <a href="#">A short video designed for children to explain LD, autism and ADHD – NHS Kent and Medway</a></p> <p><a href="#">The National Autistic Society has resources for autistic teenagers. There are a variety of guides and videos in the ‘Know Yourself Series’.</a></p> <p><a href="#">Mental Health Foundation offers advice and support for children and young people on the topic of Autism and Mental Health.</a></p>	<p><b>National:</b>  <a href="#">Advice and tips for dealing with Anxiety and real life stories of those living with the condition.</a> (Written to help the child by National Autistic Society, however may be useful for professionals and parents)</p> <p><a href="#">Centre for ADHD and Autism Support have produced a range of resources for young people including Mental Health Toolkit, a tricky moments plan and various other tips and templates to help support and young people with positive strategies.</a></p> <p><a href="#">Shout – Urgent mental health support. Text service for children.</a></p> <p><a href="#">YoungMinds Autism and Mental Health advice for young people.</a></p> <p><a href="#">Barnardos have an Autism and Mental Health page which includes information about what autism is, as well as tips for looking after mental</a></p>	<p><b>National:</b>  <a href="#">Autism and anxiety – Health for Teens</a></p> <p><a href="#">Autism and looking after Mental Health – Health for Teens</a></p>

	Pro-active measures	Immediate support	Longer-term support
		<p><a href="#">health and finding support.</a></p> <p><a href="#">Ambitious about Autism offers toolkits and resources to help young people aged 13-25.</a></p> <p><b>Local:</b>  <a href="#">Club Hub- activities for SEN children</a>  <a href="#">Find Children's Clubs Near Me - Kids Classes - Club Hub UK App</a></p>	
<b>For education staff</b>	<p><b>Training / INSET:</b>  <a href="#">The National Autistic Society offers a webpage about what causes distressed behaviour to help with ways of dealing with it.</a></p> <p><a href="#">Supporting Children and Young People with autism – NHS Kent and Medway 30 mins training video to help acute setting staff – however aspects are still useful for other professionals.</a></p> <p><a href="#">The National Autistic Society offers training on specific themes.</a></p> <p><a href="#">A Guide to Neurodiversity in the early years – Best ways to support children who have development differences.</a></p>	<p><b>Advice and Support:</b>  <a href="#">NELFT provide services for Learning Disabilities, Autism and ADHD.</a></p> <p><a href="#">Kent Community Health NHS Foundation Trust have a webpage about Autism which explains what autism is and helps about referrals, initial assessment and advice.</a></p> <p><a href="#">Centre for ADHD and Autism Support have produced a range of resources for young people including Mental Health Toolkit, a tricky moments plan and various other tips and templates to help support and young people with positive strategies.</a></p>	<p><b>Advice and Support:</b>  <a href="#">Education videos- Caregiver Education Videos   Behavior Nation</a></p>

	Pro-active measures	Immediate support	Longer-term support
	<p><a href="#">Anna Freud</a></p> <p><a href="#">KSCMP has a range of multi-agency training, both elearning and delivered courses.</a> Access the full training catalogue on the website. Training is free but users need to create an account for the online training portal.</p> <ul style="list-style-type: none"> <li>• ADHD Awareness (elearning)</li> <li>• Autism Awareness (elearning)</li> </ul>	<p>Guidance for SENCO- <a href="#">Extra help at school in England</a></p>	
<b>For parents / carers</b>	<p><b>General Information:</b></p> <p><a href="#">KCC – Supporting your autistic child or young person at home. Helpful tips and further links to resources.</a></p> <p><a href="#">Information for families on Autism and ADHD in children: a support handbook and films - Kent Resilience Hub</a>- pre diagnosis?</p> <p>Over 60 GP practises in Kent offer the <a href="#">Involve Children's Health and Wellbeing Navigator Service</a>. A care navigator is based at the surgery and is for children and young people aged 0 to 25 who have a long term health condition, particularly with mental health concerns or</p>	<p><b>National:</b></p> <p><a href="#">NHS, where to get autism support webpage. Includes information about National charities and support networks.</a></p> <p><b>Local:</b> <a href="#">Information for families on Autism and ADHD in children: a support handbook and films - Kent Resilience Hub</a></p> <p><a href="#">Centre for ADHD and Autism Support have produced a range of resources for young people including Mental Health Toolkit, a tricky moments plan and various other tips and templates to help support and young people with positive strategies.</a></p>	<p><b>Local:</b></p> <p><a href="#">Information for families on Autism and ADHD in children: a support handbook and films - Kent Resilience Hub</a></p> <p><a href="#">Kent Parent and Carer Together</a> (PACT). A parent carer forum for parents of children and young people with disabilities and additional needs. Join their forum to help get your voice heard and meet other parents.</p> <p><a href="#">Information, Advice and Support Kent</a> (IASK). A free, confidential and impartial service based in Kent to support you and your family. IASK also</p>

	Pro-active measures	Immediate support	Longer-term support
	<p>neurodevelopmental issues (<a href="#">autism</a> and <a href="#">attention deficit hyperactivity disorder</a>).</p> <p><a href="#">Kent Adult Education</a> provides free courses on “Autism Awareness”.</p>	<p><b>Kent family handbook-</b> <a href="https://www.kent.gov.uk/education-and-children/special-educational-needs-and-disabilities/types-of-special-educational-needs/attention-deficit-hyperactivity-disorder-adhd-support/information-for-families-about-autism-and-ADHD">https://www.kent.gov.uk/education-and-children/special-educational-needs-and-disabilities/types-of-special-educational-needs/attention-deficit-hyperactivity-disorder-adhd-support/information-for-families-about-autism-and-ADHD</a></p>	<p>offer parent workshops and local events.</p> <p><b>National:</b> Family support programmes-National Autistic Society <a href="#">Family support</a></p> <p>Online community for parents/families- <a href="#">Parenting an autistic child   Gingerbread</a></p>

## Bereavement Resources

	Pro-active measures	Immediate support	Longer-term support
<b>For the child / young person</b>	<p><b>PSHE sessions:</b> Bereavement can be addressed within the broader context of PSHE, with content adapted to suit the age and developmental stage of pupils. Discussions may explore the emotional impact of loss and introduce strategies for coping with grief. It can also be helpful to highlight the support networks available to those experiencing bereavement. Throughout, there are opportunities to reinforce themes of emotional wellbeing, mental health, and resilience in relation to managing personal loss.</p> <p>Include age-appropriate books in library/reading space that focus on, or have clear themes related to, loss and grief.</p> <p>Opportunities to explore bereavement in an age-appropriate way through the</p>	<p><b>National:</b> <a href="#">Winston's Wish - Bereavement Support for Children</a></p> <ul style="list-style-type: none"> <li>• <a href="#">A child webpage can be found here which has various resources and craft activities.</a></li> <li>• <a href="#">A young person webpage also contains information and activity suggestions.</a></li> </ul> <p><a href="#">Cruse can offer support.</a></p> <p><a href="#">Grief Encounter can take referrals for a child or young person. They offer a wide range of support.</a></p> <p><a href="#">Childline – When Someone dies webpage. Information and support.</a></p> <p><a href="#">Child Bereavement UK supports children and families when a child grieves or dies</a></p> <p><a href="#">Barnardos offers support and advice</a></p>	<p><b>Local:</b> <a href="#">Holding on, Letting Go</a> is a Kent based charity that provides specialist bereavement support for children, young people (up to 18) and their families across Kent and Medway. It can offer longer-term support and can help pre and post bereavement.</p> <p><a href="#">Slide Away</a> is a Kent based bereavement charity that provides specialist, ongoing support for children and young people (aged 4-18) who have experienced the death of someone close or are living with a family member who has a life-limiting illness.</p> <p><a href="#">CHUMS Mental Health and Emotional Wellbeing Service</a> CHUMS is a specialist mental health and bereavement support service that offers long-term tailored support for children and young people who have</p>

	Pro-active measures	Immediate support	Longer-term support
	curriculum.	<p><a href="#">for coping with grief and loss as a young person</a></p> <p><a href="#">YoungMinds has an information page for young people called Grief and Loss. It has information, tips and where/how to get support.</a></p> <p>The Mix website has a list of grief and bereavement related information pages (5-10 mins read) –</p> <ul style="list-style-type: none"> <li>• <a href="#">The Mix – Grief and bereavement</a></li> <li>• <a href="#">The Mix – Losing a loved one to cancer</a></li> <li>• <a href="#">The Mix – Suicide and grief</a></li> </ul> <p><b>Suicide bereavement support:</b> <a href="#">Amparo support following suicide</a></p> <p><a href="#">CHUMS Mental Health and Emotional Wellbeing Service</a></p>	<p>experienced a significant loss.</p> <p><b>National:</b> <a href="#">SLOW</a> – Support for Bereaved Parents and Siblings.</p> <p><a href="#">Hope Again</a> is the youth website of Cruse Bereavement Care designed specially for children and young people who have experienced the death of someone close. It has various information pages and can provide advice and a online space where young people can share experiences and access guidance.</p> <p><b>Activities:</b> <a href="#">Memory Box – Winston’s Wish has advice on how to use and make one.</a></p>
<b>For education staff</b>	<b>Training / INSET:</b> <a href="#">Mentally Healthy Schools</a> offers elearning on different bereavement themes. Search for bereavement on the website to find current training.	<b>Advice and Support:</b> <b>Local:</b> <a href="#">CHUMS Kent Bereavement Service provides telephone advice to professionals.</a>	<b>Advice and Support:</b> <a href="#">Kent Resilience Hub</a> offers practical and emotional wellbeing support following bereavement. There are a range of resources and information including planning and preparing for

	Pro-active measures	Immediate support	Longer-term support
	<p><a href="#">Winston's Wish</a> offers <a href="#">bereavement training for professionals</a>.</p> <p><a href="#">UK Trauma Council</a> – They offer a <a href="#">traumatic bereavement resource</a></p> <p><a href="#">Cruse</a> offers <a href="#">a range of bereavement and grief workplace training</a>.</p> <p><a href="#">Holding on, Letting Go</a> is a Kent based charity that provides specialist bereavement support for children, young people (up to 18) and their families across Kent and Medway. It can offer training for teachers and offer advice for professionals.</p> <p><a href="#">Child Bereavement UK</a> delivers <a href="#">webinars and bespoke sessions for school staff and education professionals</a>.</p> <p>Child Bereavement UK also offers resources for professionals and <a href="#">short guidance films</a>.</p> <p><a href="#">Support and Guidance for Kent Schools after the Suspected Suicide of a Pupil - resource for schools</a></p>	<p><b>National:</b> <a href="#">Anna Freud Mentally Healthy Schools</a> offers <a href="#">advice on what schools and further education settings can do</a>.</p> <p><a href="#">Winston's Wish – Help for professionals working with grieving children and young people</a>.</p> <p><a href="#">YoungMinds</a> offers <a href="#">support for young people when dealing with loss</a>.</p> <p><a href="#">Cruse</a> offers <a href="#">information on supporting young people</a>. It can also take referrals and support children and young people and also parents and guardians.</p> <p><a href="#">Child Bereavement UK</a> offers professional tips when supporting bereaved families.</p> <p><b>For individuals:</b> <a href="#">Education Support</a> This is a support website for supporting teacher and education staff wellbeing.</p> <p><b>Activities for individuals:</b></p>	<p>bereaved pupils returning to school.</p> <p><b>Activities:</b> Where appropriate, hosting a memorial / remembrance event</p>

	Pro-active measures	Immediate support	Longer-term support
	<p><a href="#">produced by KSCMP</a></p> <p><a href="#">KSCMP factsheets</a></p> <ul style="list-style-type: none"> <li>• Sudden infant death syndrome (SIDS)</li> <li>• Suicide awareness</li> </ul> <p><a href="#">KSCMP has a range of multi-agency training, both elearning and delivered courses.</a> Access the full training catalogue on the website. Training is free but users need to create an account for the online training portal.</p> <ul style="list-style-type: none"> <li>• Mental Health awareness (elearning)</li> <li>• Suicide Prevention – Risks and Awareness</li> </ul> <p><b>Policy:</b> Bereavement Policy (<a href="#">guidance and examples available from Winston's Wish</a>)</p> <p><a href="#">Anna Freud Mentally Healthy Schools offers Managing bereavement: a guide for schools.</a></p> <p><b>PSHE Resources:</b></p>	<p><a href="#">Grief Encounter offers a grief book which can be used for bereaved children. Professionals and parents can order the Grief Book.</a></p>	

	Pro-active measures	Immediate support	Longer-term support
	<p><a href="#">PSHE association offers Change, loss and grief lesson ideas for KS1-4</a></p> <p><a href="#">Winston's Wish has PSHE lessons on loss and bereavement for Key Stages 1-4</a></p> <p><a href="#">Winston's Wish has a range of resources</a></p> <p><a href="#">BBC Bitesize – KS2 PSHE: Grief</a> <a href="#">BBC Bitesize – KS4 PSHE Living with bereavement</a></p> <p><b>General resources:</b> <a href="#">Grief Encounter offers a range of resources and guides for different circumstances.</a></p>		
<b>For parents / carers</b>	<p>Sharing of PSHE resources when topic of bereavement covered. If appropriate, a Q&amp;A session could be offered.</p>	<p><b>National:</b> <a href="#">Cruse offers information on supporting young people.</a> It can also take referrals and support children and young people and also parents and guardians. <a href="#">Cruse offers information on how to help someone with grief.</a> <a href="#">Grief Encounter offers a grief book</a></p>	<p><b>Local:</b> <a href="#">Holding on, Letting Go</a> is a Kent based charity that provides specialist bereavement support for children, young people (up to 18) and their families across Kent and Medway. It can offer guidance for parents/carers and offers support which can be on a longer term.</p>

	Pro-active measures	Immediate support	Longer-term support
		<p><a href="#">which can be used for bereaved children. Professionals and parents can order the Grief Book.</a></p> <p><a href="#">Child Bereavement UK</a> offers guidance for adults on a range of topics including supporting a bereaved child, as well as bereavement of a baby and bereavement of a child. They also offer resources and sort guidance films.</p> <p><a href="#">Winston's Wish offers help for parents and carers supporting grieving children</a></p>	<p><a href="#">Slide Away</a> is a Kent based bereavement charity that helps children and young people up to 18 who have lost a family member or friend. Those also support those with a parent or sibling living with a life limiting illness.</p> <p><b>National:</b> <a href="#">SLOW</a> (Support for Bereaved Parents and Siblings) offer support groups.</p> <p><a href="#">Good Grief Trust</a> is a national bereavement charity that acts as a central hub to local and national support services.</p> <p><a href="#">NHS</a> – NHS webpage with information advice to parents. It offers advice to help parent wellbeing as well as contact information and activities.</p> <p><b>Activities:</b> Memory Box</p>

## BiPolar disorder

	Pro-active measures	Immediate support	Longer-term support
<b>For the child / young person</b>	<p><b>General Information:</b>  <a href="#">The Mix – Bipolar information page for young people</a></p> <p><a href="#">Bipolar disorder information page for young people by YoungMinds.</a> Includes symptoms, support and treatment</p> <p><a href="#">Young Minds real person story - Learning to live with bipolar disorder</a></p> <p><a href="#">Bipolar explained to children. Bipolar UK. Short video (7 mins)</a></p>	<p><b>National:</b>  <a href="#">Bipolar UK how to get urgent help</a></p> <p><a href="#">Bipolar UK peer Support line</a></p> <p><a href="#">The Mix – Crisis support by text for aged 25 or under</a></p> <p><a href="#">Mental Health Foundation offers advice and support for children and young people on the topic of Bipolar disorder</a></p> <p><b>Local:</b>  <a href="#">Live Well Kent offers support for mental health and general wellbeing for 17+</a></p>	<p><b>Local:</b>  <a href="#">Bipolar UK – Kent Support Groups</a>  <a href="#">Bipolar UK National UK Charity</a>                      (over 18s usually, but 16 and 17 year olds can attend with a parent or guardian)</p>
<b>For education staff</b>	<p><b>General information:</b>  <a href="#">BiPolar UK offers information pages on the website about understanding bipolar and symptoms. Webinar links also on the webpage.</a></p> <p><a href="#">SSS Learning produced an article aimed at helping staff in education</a></p>		

	Pro-active measures	Immediate support	Longer-term support
	<p><a href="#">settings understand bipolar in children</a></p> <p><b>Training / INSET:</b>  <a href="#">BiPolar UK offers a free elearning course</a></p> <p><a href="#">KSCMP has a range of multi-agency training, both elearning and delivered courses.</a> Access the full training catalogue on the website. Training is free but users need to create an account for the online training portal.</p> <ul style="list-style-type: none"> <li>• Mental Health awareness (elearning)</li> <li>• Supporting Mental Wellbeing and Emotional Health in Education (elearning)</li> </ul>		
<b>For parents / carers</b>	<p><b>General Information:</b>  <a href="#">NHS information related to Bipolar, including symptoms of bipolar, when to seek health advice and things that help self-management</a></p> <p><a href="#">MindEd for families Easy Read bipolar disorder document</a></p>	<p><b>National:</b>  <a href="#">Bipolar disorder – NHS. Information about what it is, signs, symptoms and support.</a></p> <p><a href="#">Mind has information on how bipolar disorder is diagnosed and what a doctor may ask about.</a></p>	<p><b>National:</b>  <a href="#">Mind offers information on how to support someone with bipolar disorder</a></p>

	Pro-active measures	Immediate support	Longer-term support
		<p><b>Local:</b>  <a href="#">InvolveKent has information about Bipolar UK family and friends support group meetings</a></p> <p><a href="#">MidKentMind has information of support work it does in the districts of Maidstone, Ashford and Swale. It offers support for parents</a></p>	

## Body Image

	Pro-active measures	Immediate support	Longer-term support
<b>For the child / young person</b>	<p><b>PSHE Sessions</b></p> <p>Body image can be covered in PSHE under the keeping healthy aspect. Students can explore what body image is and how social media can influence it. Themes of reducing stress or anxiety caused by online pressures can also be covered.</p> <p>Body image could also be covered through other areas of the curriculum e.g. PSHE Sessions, PE Lessons, critical thinking skills regarding social media images</p> <p>Role models from education staff</p> <p><a href="#">Be Body Positive – NHS. An introduction to Body Image.</a></p> <p><a href="#">The Children’s Society – Information about body image and top tips for a positive body image.</a></p>	<p><b>National:</b></p> <p><a href="#">YoungMinds has an information page designed for young people about what body image is, how it can affect mental health and how to get support.</a></p> <p><a href="#">Childline Body Image support and information</a></p> <p><a href="#">Eating disorder specialists information – Therapy Partners</a> Offer training for school pupils and personnel and youth workers in awareness and intervention.</p> <p><a href="#">National Centre for eating Disorders has a page of information for young people about body image. Information includes how to prevent and improve body image, body image in boys and men, body image and self-worth.</a></p> <p><a href="#">Shout 85258 offers urgent mental health support.</a></p>	<p>ETPHD Podcast – Heal your relationship with food. Ongoing podcast which can be found on a range of platforms.</p> <p>By creating an account you can online chat to counsellors about your worries and concerns <a href="#">Body image   Childline</a></p>

	Pro-active measures	Immediate support	Longer-term support
		<p><a href="#">MoodSpark offers a range of resources created by young people for young people relate to emotions and behaviour.</a></p> <p><a href="#">Be Body Positive – NHS. Online modules for building a positive relationship with food, bod and image.</a></p> <p><a href="#">Mental Health Foundation offers advice and support for children and young people on the topic of Body image. They also provide information about diet and mental health.</a></p> <p><b>Local:</b> <a href="#">Live Well Kent offers support for mental health and general wellbeing for 17+</a></p> <p><a href="#">We are with You Mind and Body programme.</a></p>	
<b>For education staff</b>	<p><b>General Information:</b> <a href="#">Kent community Health NHS Foundation Trust (KCHFT) offers information about body image, how to spot the signs of a child being worried of how they look and positive steps</a></p>	<p><b>Advice and support:</b> <a href="#">Kent School Health from Kent Community Health NHS Foundation Trust offers support and information on emotional wellbeing.</a></p>	

	Pro-active measures	Immediate support	Longer-term support
	<p><a href="#">that can be taken.</a></p> <p><a href="#">Be Body Positive – NHS. Professionals pages with information, resources and videos.</a> Professionals should use the professionals tab to access the various resources and mini topics.</p> <p><a href="#">Information about body image in children and teens. Family Doctor website (American website)</a> Has tips for encouraging a healthy body image and speaking to children/young adults.</p> <p>Information about <a href="#">Body Image - National Centre for Eating Disorders</a></p> <p><a href="#">KSCMP has a range of multi-agency training, both elearning and delivered courses.</a> Access the full training catalogue on the website. Training is free but users need to create an account for the online training portal.</p> <ul style="list-style-type: none"> <li>• Eating Disorders (elearning)</li> <li>• Food Allergy Awareness (elearning)</li> </ul>	<p><a href="#">Kent Community Health has an information page about Body image and eating.</a></p> <p><a href="#">BEAT Eating Disorders has an information page on tips for supporting someone with an eating disorder</a></p> <p><a href="#">Shout 85258 offers urgent mental health support.</a></p> <p><a href="#">Eating disorders service-Kent and Medway- NELFT NHS Foundation Trust   NELFT NHS Foundation Trust</a></p> <p>Body dysmorphia advice inclusive of autism and LGBTQA <a href="#">Butterfly-BodyKind-Families-Neurodivergence-Body-Image-Factsheet-For-Professionals.pdf</a></p>	

	Pro-active measures	Immediate support	Longer-term support
	<p><b>PSHE resources:</b>  <a href="#">Mental Health Foundation has a Body image: How we think and feel about our bodies school pack. Includes lesson plan with ppt slides, an assembly and other guides for pupils, school staff and caregivers.</a></p> <p>Example resources (if not available within current curriculum):  <a href="#">Dove resources and workshops for different age children.</a></p> <p><a href="#">Dove has a range of resources including a “My Self Confidence kit”.</a>  <a href="#">PSHE KS3 and GCSE – BBC Bitesize – Body Matters</a> Range of short clips on a variety of topics to be used within structured lessons on body image.</p> <p><a href="#">TES PSHE – Body image and Eating disorders (11-14)</a></p> <p><a href="#">BBC Bitesize – What is Body Image? Videos and information</a></p>		
<b>For parents / carers</b>	<p><b>Developing knowledge and understanding:</b>  <a href="#">Kent community Health NHS</a></p>	<p><b>Health:</b>  <a href="#">Kent School Health from Kent Community Health NHS Foundation</a></p>	<p>Advice on how to have difficult conversations about body image as well as positive conversation help</p>

	Pro-active measures	Immediate support	Longer-term support
	<p><a href="#">Foundation Trust (KCHFT)</a> offers information about body image, how to spot the signs of a child being worried of how they look and positive steps that can be taken.</p> <p><a href="#">Be Body Positive – NHS. Parents page</a> giving information and videos. Parents should use the drop down tabs to change pages to select different information.</p> <p><a href="#">Information about body image in children and teens. Family Doctor website (American website)</a> Has tips for encouraging a healthy body image and speaking to children/young adults.</p> <p>Information about <a href="#">Body Image - National Centre for Eating Disorders</a></p> <p>Advice on how to have difficult conversations about body image as well as positive conversation help about food and promoting positivity <a href="#">Body Image Resources - The Kids Mental Health Foundation</a></p>	<p><a href="#">Trust</a> offers support and information on emotional wellbeing.</p> <p><a href="#">Kent Community Health</a> has an information page about Body image and eating.</p> <p><a href="#">BEAT Eating Disorders</a> has an information page on tips for supporting someone with an eating disorder</p> <p><a href="#">Shout 85258</a> offers urgent mental health support.</p> <p><a href="#">Eating disorders service-Kent and Medway- NELFT NHS Foundation Trust   NELFT NHS Foundation Trust</a></p> <p><b>Information / advice:</b> Advice on how to have difficult conversations about body image as well as positive conversation help about food and promoting positivity <a href="#">Body Image Resources - The Kids Mental Health Foundation</a></p> <p>Body dysmorphia advice inclusive of</p>	<p>about food and promoting positivity <a href="#">Body Image Resources - The Kids Mental Health Foundation</a></p>

	Pro-active measures	Immediate support	Longer-term support
		autism and LGBTQA+ <a href="#">Resources for Body Image - Butterfly Foundation</a>	

## Bulimia Resources (Eating Disorders)

	Pro-active measures	Immediate support	Longer-term support
<b>For the child / young person</b>	<p><b>PSHE sessions</b></p> <p>The PSHE curriculum in England does not specifically reference eating disorders as a required area of study. However, it is important for schools to be aware of the potential impact eating disorders can have on students' physical and emotional wellbeing. Educators should be prepared to respond to any related concerns in a sensitive and informed manner. This may include exploring themes such as balanced nutrition, the risks associated with restrictive eating behaviours, and the importance of seeking support when needed. Promoting health and wellbeing, including mental health awareness, remains a key aspect of effective PSHE delivery.</p> <p><a href="#">PSHE Association - Food for thought KS1-4 PSHE lesson packs</a></p>	<p><b>National:</b></p> <p>Caraline (a charity established in 1994) <a href="#">offers information about different types of eating disorder</a> and some <a href="#">self-help resources on their webpage</a>.</p> <p><a href="#">BEAT Eating Disorders has a guide for young people who are worried about someone with an eating disorder.</a></p> <p><a href="#">Mental Health Foundation offers advice and support for children and young people on the topic of Bulimia nervosa. They also provide information about diet and mental health.</a></p> <p><b>Local:</b></p> <p><a href="#">Eating disorders service-Kent and Medway- NELFT NHS Foundation Trust   NELFT NHS Foundation Trust</a></p>	<p><b>National:</b></p> <p><a href="#">BEAT Eating Disorders offers structured recovery programs and ongoing peer support to help individuals maintain progress overtime.</a></p>
<b>For education staff</b>	<p><b>General information:</b></p> <p><a href="#">National Centre for Eating Disorders</a></p>	<p><b>Advice and Support:</b></p> <p><a href="#">How to support a parent with an</a></p>	<p><b>Advice and Support:</b></p> <p><a href="#">BEAT Eating Disorders offers advice</a></p>

	Pro-active measures	Immediate support	Longer-term support
	<p><a href="#">has a webpage full of information called Eating Disorders and Schools.</a> Offers information related to whole schools approach, training, supporting children and parents.</p> <p><a href="#">Types of Eating Disorder</a> - BEAT Eating Disorder. Information page which covers the types of eating disorders, alongside information as to who gets them, what can cause them and how they are diagnosed.</p> <p><b>Training / INSET:</b> <a href="#">National Centre for Eating Disorders offers professional training courses.</a></p> <p><a href="#">Information about what Bulimia Nervosa is – National Centre for Eating Disorders</a></p> <p><a href="#">Eating Disorders and PSHE Education – Professionals Pack (2024)</a></p> <p><a href="#">BEAT Eating Disorders offers training and events</a></p> <p><a href="#">Transformation Partners in Health and</a></p>	<p><a href="#">eating disorder - BEAT Eating Disorders. The information includes how a child might be affected.</a></p> <p><a href="#">Supporting children and young people with bulimia – Anna Freud</a></p> <p><a href="#">BEAT Eating Disorders has an information page on tips for supporting someone with an eating disorder</a></p> <p>Caraline (a charity established in 1994) <a href="#">offers information about different types of eating disorder</a> and some <a href="#">self-help resources on their webpage.</a></p> <p><a href="#">Kent Community Health has an information page about Body image and eating.</a></p> <p><b>For individuals:</b> <a href="#">How to refer to NELFT Eating Disorder Service (Minimum age of 8 years old)</a></p> <p><b>Workshops:</b> Education professionals can access</p>	<p><a href="#">and support for professionals who are worried about pupils.</a></p>

	Pro-active measures	Immediate support	Longer-term support
	<p><a href="#">Care – Children and young people’s eating disorders resources including spotting the symptoms video and education guidelines.</a></p> <p><a href="#">New Maudsley Carers – Kent. Jenny Langley works with New Maudsley and Charlie Waller Trust. Runs workshops, training for schools/parents/carers about eating disorders.</a></p> <p><a href="#">KSCMP has a range of multi-agency training, both elearning and delivered courses.</a> Access the full training catalogue on the website. Training is free but users need to create an account for the online training portal.</p> <ul style="list-style-type: none"> <li>• Eating Disorders (elearning)</li> <li>• Food Allergy Awareness (elearning)</li> </ul> <p><b>Policy:</b> <a href="#">Cochrane Review: the impact of health education within health promoting schools.</a></p> <p><b>PSHE Resources</b> <a href="#">PSHE Association – Unhealthy coping</a></p>	<p>professionals training - <a href="#">Charlie Waller Trust offers Eating disorder workshops for parents and carers.</a></p>	

	Pro-active measures	Immediate support	Longer-term support
	<p><a href="#">strategies – self-harm and eating disorders. PSHE Association (KS3)</a></p> <p><a href="#">PSHE / School Resources: TES PHSE resources relating to Anorexia Bulimia (Ages 14-16)</a></p> <p><a href="#">KS3 PSHE Eating Disorders – Jack’s Story</a></p> <p><a href="#">TES PSHE – Anxiety, Depression and Eating disorders (11-14)</a></p>		
<b>For parents / carers</b>	<p>Sharing of PSHE resources when topic of Healthy Eating and other related PSHE aspects are covered. If appropriate, a Q&amp;A session could be offered.</p> <p><b>General Information:</b> <a href="#">Information about what Bulimia Nervosa is – National Centre for eating Disorders.</a> Information covers a wealth of areas.</p> <p><a href="#">Understanding Eating Disorders in Children   Nip in the Bud   Free Downloadable Fact Sheet</a> Includes a</p>	<p>See child / young person section for how children can gain support through local NHS.</p> <p><b>Advice and Support:</b> <a href="#">National Centre for Eating Disorders webpage offering Information for carers</a></p> <p><a href="#">National Centre for Eating Disorders – More Help for Carers</a></p> <p><a href="#">BEAT Eating Disorders – Tips for supporting someone with an eating disorder</a></p>	<p><b>National:</b> <a href="#">BEAT Eating Disorders offers support for carers and families.</a></p> <p><b>Local:</b> <a href="#">New Maudsley Carers – Kent. Jenny Langley works with New Maudsley and Charlie Waller Trust. Runs workshops, training for schools/parents/carers about eating disorders.</a></p>

	Pro-active measures	Immediate support	Longer-term support
	<p>section of what can parents and other family members do to help.</p> <p><a href="#">Eating Disorders Videos for Parents and Carers   Nip in the Bud</a> – includes short under 10mins videos on Understanding Eating Disorders, Anorexia in Boys, Bulimia in Young People</p> <p><a href="#">Mind – Information about eating problems, their causes, treatment and support.</a> Includes the difference between eating problems and eating disorders.</p>	<p><a href="#">YoungMinds Parent advice and information about eating disorders and getting the right help for your child.</a></p> <p><a href="#">BEAT Eating Disorders Peer Support and Online Development for Carers</a></p> <p><a href="#">Kent Community Health has an information page about Body image and eating.</a></p> <p><b>Local:</b> <a href="#">NELFT assessment leaflet about the Eating Disorder service for Kent and Medway.</a></p> <p><b>Workshops:</b> <a href="#">Charlie Waller Trust offers Eating disorder workshops for parents/carers.</a></p>	

## Debt

	Pro-active measures	Immediate support	Longer-term support
<b>For the child / young person</b>	<p><b>PSHE sessions:</b> Promote understanding personal debt. Pupils should learn about good and bad debt, including student loans, credit card, and understand the implications of each. Lessons may also explore topics such as budgeting, financial responsibility, and effective money management. For older pupils, PSHE can be a useful space to link financial education with careers guidance, helping them consider how financial planning and debt may relate to their future choices.</p> <p><b>Information:</b> The Mix website has a list of money and employment related information pages (5-10 mins read) -</p> <ul style="list-style-type: none"> <li>• <a href="#">The Mix – Credit card debt</a></li> <li>• <a href="#">The Mix – Avoiding student debt</a></li> <li>• <a href="#">The Mix – What is buy now pay later?</a></li> </ul>	<p><b>National:</b> <a href="#">YoungMinds – Get help now</a> (Useful links to charities and places that can provide support relating to money and mental health issues).  <a href="#">Mental Health Foundation offers advice and support for children and young people on the topic of Debt and mental health.</a></p> <p><b>Local:</b> <a href="#">Kent Money Advice Hub</a> Offers both virtual and face to face support across Kent.  <a href="#">Citizens Advice North and West Kent – Money Advice and Debt Advice</a> Offers advice and support through both video calls, telephone and face to face.  <a href="#">The Young Lives Foundation (YLF) is a children’s charity based in Kent, providing advocacy and youth programs. YLF works closely with</a></p>	

	Pro-active measures	Immediate support	Longer-term support
	<ul style="list-style-type: none"> <li><a href="#">The Mix – How to choose your first credit card</a></li> <li><a href="#">The Mix - Overdrafts</a></li> <li><a href="#">The Mix – How to pay off debt</a></li> </ul> <p><a href="#">YoungMinds – Money and mental Health information. Written for young people, including tips and how to get support.</a></p>	<p><a href="#">District Councils and Social Services to support joint assessments for 16- and 17-year-olds who approach the council as homeless. They also offer wider advocacy services for children and young people.</a></p>	
<b>For education staff</b>	<p><b>Information:</b> <a href="#">UK Parliament report on Financial Education in Schools</a> Published report 24 January 2024</p> <p><b>Training/INSET:</b> <a href="#">KSCMP factsheets</a></p> <ul style="list-style-type: none"> <li>• ACEs</li> <li>• Online safeguarding</li> <li>• Voice and lived experiences of the child</li> </ul> <p><b>PSHE Resources:</b> <a href="#">Bank of England – Money and Me (KS1/2 lessons / resources)</a></p> <p><a href="#">How to teach children about money, spending and credit - financial education/financial literacy for</a></p>	<p>Education staff can draw upon other resources designed for children / young people in the other sections of this table.</p>	

	Pro-active measures	Immediate support	Longer-term support
	<p><a href="#">Primary schools (KS1/2) - BBC Teach</a> (Includes various cartoon videos)</p> <p><a href="#">PSHE Association – Financial Literacy and Inclusion (KS3-5)</a></p> <p><a href="#">PSHE Association - Online Financial Harm resources (KS2-5)</a></p> <p><a href="#">TES – PSHE – Money Management Lesson – KS3/4 Financial Literacy</a></p> <p><a href="#">TES PSHE – Debt (KS3/4)</a></p> <p><a href="#">Money Heroes is a free programme from Young Enterprise supported by HSBC for primary children or those at a learning age of 3-11- Young Enterprise</a></p> <p><a href="#">Kent Campaign - Life Lessons</a> offers to help schools across Kent and Medway deliver PSHE.</p>		
<b>For parents / carers</b>	<p><b>Information:</b> <a href="#">YoungMinds parent A-Z – Money and Mental Health</a></p>	See child / young person section for how children can gain support through National and local services.	

	Pro-active measures	Immediate support	Longer-term support
		<p><b>National:</b>  <a href="#">YoungMinds parents – Where to find practical support</a></p> <p><b>Local:</b>  <a href="#">Porchlight – Family Routes Service – supports families with children aged 10+ who are facing poverty and financial hardship. (Referrals are often made via the Early Help team) – Some services are area specific.</a></p> <p><a href="#">KCC webpage – Cost of living and where to find help and support with money worries.</a></p>	

## Drug and Substance Misuse Resources

	Pro-active measures	Immediate support	Longer-term support
<b>For the child / young person</b>	<p><b>PSHE sessions:</b> Promote facts and risks of drugs and tobacco use, including prescribed drugs. Discuss the laws surrounding drug and tobacco use, as well as consequences of their use. Lessons could include social pressures and coping mechanisms. These elements should be integrated into a planned PSHE education curriculum to ensure comprehensive and effective teaching of drug/tobacco related topics.</p> <p><b>Information:</b> <a href="#">YoungMinds information page about Drugs and Alcohol</a>. (Includes the law and effects of drugs and alcohol on Mental Health)</p> <p><a href="#">YoungMinds information page on how to support a friend with Mental Health issues</a>.</p> <p>The Mix website has a list of drug related information pages (5-10 mins read)</p>	<p><b>National:</b> <a href="#">Narcotics Anonymous – Support and advice about drugs addiction</a>. The website includes information if you are in need of help. They offer meetings and events.</p> <p><a href="#">YoungMinds guide to CAMHS and mental health support</a>.</p> <p><a href="#">Talk to Frank</a> – Information page offering advice of what to do in an emergency, as well as support contact information.</p> <p><a href="#">We Are With You – Drug and Alcohol support service</a>. This link takes you to the main page which offers how they can help and they also have local services in Kent. The Kent page can be found <a href="#">here</a>.</p> <p><a href="#">The Children’s Society support for children who have a parent with an alcohol or drug addiction (Substance Misue)</a></p>	<p><b>Local:</b> <a href="#">Kent and Medway Mental Health (KMMH) Alcohol and substance misuse webpage showing a range of drug and alcohol services which help people recover from addiction</a>.</p> <p><a href="#">KCC website offering signposting to Kent drug and alcohol services</a></p> <p><b>National:</b> <a href="#">Narcotics Anonymous has information regarding longer term support</a>.</p>

	Pro-active measures	Immediate support	Longer-term support
	<ul style="list-style-type: none"> <li><a href="#">The Mix – Legal High Myths</a></li> <li><a href="#">The Mix – What is recovery?</a></li> <li><a href="#">The Mix - Overdosing</a></li> <li><a href="#">The Mix- Drugs and the law</a></li> <li><a href="#">The Mix – What happens if I am caught with drugs?</a></li> <li><a href="#">The Mix – What is addiction?</a></li> </ul> <p><a href="#">LifeSkills: Substance Misuse. The Mix offers a self-paced learning topic on substance misuse: a step-by-step guide to help you understand your relationship with substances and build healthier habits for now and in the future.</a></p>	<p><a href="#">Mental Health Foundation offers advice and support for children and young people on the topic of Drugs and mental health. They also have information about smoking and mental health, and ways to help people quit.</a></p> <p><b>Local:</b> <a href="#">We are with you – Drug and Alcohol Support for under 25s in Kent.</a></p> <p><a href="#">KCC webpage for friends and family help if someone you care about has problems with alcohol or drugs.</a></p> <p><a href="#">IMAGO – Support for Young Carers. A young carer may be someone supporting a parent with a alcohol or drug issue.</a></p>	
<b>For education staff</b>	<p><b>General information</b> <a href="#">Honest information about drugs – Talk to Frank</a> Webpage which has a look up to find information about various drugs. Also offers news and articles.</p> <p><a href="#">KCHFT offers information and</a></p>	<p><b>Advice and Support:</b> <b>Local:</b> <a href="#">KCC “Help for Professionals” including referring someone for help</a></p> <p><a href="#">YoungMinds – Supporting a young</a></p>	<p><b>Local:</b> <a href="#">Kent and Medway Mental Health NHS - Alcohol and substance misuse advice and contacts</a></p> <p><a href="#">KCC website offering signposting to Kent drug and alcohol services</a></p>

	Pro-active measures	Immediate support	Longer-term support
	<p><a href="#">resources for professionals to access related to drugs and alcohol.</a></p> <p><a href="#">The Mix has a wide range of factsheets / information pages on various drugs and their affects – including Speed, Weed, MDMA, Ecstasy and more</a></p> <p><a href="#">Change, Grow, Live website. Drugs advice for professionals – Spotting the signs and how to help someone.</a></p> <p><b>Training / INSET:</b> <a href="#">DFE Teacher training: drugs, alcohol and tobacco – information and powerpoint</a></p> <p><a href="#">Recorded webinar – We are with you talking about the effects of substance misuse on students, current data and what you can do to help. 1 hour in length. Produced Summer 2025</a></p> <p><a href="#">The Kenward Trust offers training and a range of service. There is also a “Think Differently” education programme across schools in Kent and Medway.(educational programme</a></p>	<p><a href="#">person to get help</a> Webpage with information for professionals in supporting a young person to get help.</p> <p><a href="#">Narcotics Anonymous offers support and resources for professionals.</a> Further information of the support they can offer can be found <a href="#">here</a>.</p> <p><b>For individuals:</b> <a href="#">Mind and Body Safety Plan – Kent Resilience Hub (Drug and Alcohol self-harm resource)</a></p>	<p><b>National:</b></p> <p><a href="#">The Children’s Society ‘s Stars initiative provides a hub of information, guidance and resources on parental drug and alcohol use, and the impact it has on children and families.</a></p> <p><a href="#">Narcotics Anonymous can offer long term support regarding drug addiction and staying drug free.</a></p>

	Pro-active measures	Immediate support	Longer-term support
	<p><a href="#">for young people aged 11-18).</a></p> <p><a href="#">KSCMP factsheets</a></p> <ul style="list-style-type: none"> <li>• ACEs</li> <li>• Emotionally abusive parenting</li> <li>• Family context and professional curiosity</li> <li>• Impact of parental mental health on children</li> <li>• Voice and lived experiences of the child</li> </ul> <p><a href="#">KSCMP has a range of multi-agency training, both elearning and delivered courses.</a> Access the full training catalogue on the website. Training is free but users need to create an account for the online training portal.</p> <ul style="list-style-type: none"> <li>• Hidden Harm – Parental Substance Misuse , Parental Mental Illness and Domestic Abuse (elearning)</li> <li>• Substance Misuse(elearning)</li> <li>• Impact of Parent Mental Health on Children seminar (recorded session)</li> </ul> <p><a href="#">KSCMP have Clear Minds Safer</a></p>		

	Pro-active measures	Immediate support	Longer-term support
	<p><a href="#">Homes campaign</a> designed to raise awareness among professionals working with children and families about the potential risks posed by parental cannabis use. Resources include:</p> <ul style="list-style-type: none"> <li>• Practice guidance</li> <li>• Factsheet</li> <li>• Conversation tool</li> <li>• Leaflets for parents</li> </ul> <p><b>Policy:</b> <a href="#">Policy: Keeping Children Safe in Education 2025</a> contains information about knowledge of drug misuse with safeguarding issues.</p> <p><a href="#">KCHFT signposts to Mentor for reviewing drug and alcohol policies.</a> <a href="#">Mentor toolkit for schools.</a></p> <p><b>PSHE Resources:</b> <a href="#">PSHE Association – Drug Education (including alcohol). Range of resources across all Key stages.</a></p> <p><a href="#">PSHE Association – Drug education for pupils with SEND (KS2-4)</a></p>		

	Pro-active measures	Immediate support	Longer-term support
	<p><a href="#">The Department of Health and Social Care offer a few resources to support PSHE (Alcohol), including YouTube videos. (KS3).</a></p> <p><a href="#">TES PSHE: Drug and Alcohol Awareness (7-11 years)</a></p> <p><a href="#">KS2 PSHE: Involvement with drugs and how it affects families - BBC Teach</a></p> <p><a href="#">KS3 / GCSE PSHE: Addiction - Chloe's Story - BBC Teach</a></p> <p><a href="#">GCSE PSHE / Citizenship: Drugs - My Story - BBC Teach</a> (4 individual stories in video format of taking different drugs)</p> <p>Pol-Ed an educational resource bank for RSE/PSHE syllabus which is aligned to Policing priorities and all schools and education settings can access in Kent. Further information can be found <a href="#">here</a>. One aspect covered is drug education.</p>		

	Pro-active measures	Immediate support	Longer-term support
<b>For parents / carers</b>	<p>Sharing of PSHE resources when topic of drugs and substance misuse covered. If appropriate, a Q&amp;A session could be offered.</p> <p>Parents can access similar information about drugs as professionals on <a href="#">The Mix website</a> and <a href="#">YoungMinds drugs and alcohol section of the website</a>.</p>	<p>See child / young person section for how children can gain support through local and national services.</p> <p><a href="#">KCC webpage for friends and family help if someone you care about has problems with alcohol or drugs.</a></p> <p><a href="#">YoungMinds Parent helpline</a></p> <p><a href="#">ForwardTrust offers a wide range of support for families and individuals for those concerned about drug and alcohol use</a></p>	<p>See child / young person section regarding longer term support.</p>

## Emotionally Based School Avoidance (EBSA) Resources

	Pro-active measures	Immediate support	Longer-term support
<b>For the child / young person</b>	<p>General anxiety resources and PSHE could be reflected upon from the anxiety section in this document.</p> <p><a href="#">Headspace - YouTube</a> This YouTube channel holds lots of videos on how to handle your emotions, meditation techniques and videos that explain why you are feeling the way you are.</p>	<p>See general anxiety resources and signposting as some aspects may be useful.</p> <p><a href="#">Childline   Free counselling service for kids and young people   Childline</a> This website holds lots of information on anxiety and how to deal with it. It also has a message board function for young people to get advice from others in their situation.</p>	
<b>For education staff</b>	<p><b>Information:</b> <a href="#">Kent EBSA pathway (Kent Educational Psychology Service)</a></p> <p><a href="#">Not Fine in School - Young People, Information</a> A support and awareness site which holds information on various support available to parents and carers as well as the DfE Clarification of Legislative Expectations.</p> <p><b>Training / INSET:</b> <a href="#">School attendance and mental health</a></p>	<p><b>Advice and Support:</b> <a href="#">How to Tackle Student Anxiety (for Primary and Secondary Schools) – Leeds Beckett University. EBSA information can be found in chapter 3.</a></p> <p><a href="#">Not Fine in School provides a professional information leaflet called “A Child is Struggling to Attend School – What can we do?”</a></p>	<p><b>Training:</b> <a href="#">Emotional Barriers to School Attendance (EBSA) KELSI</a> A 2 part training webinar for professionals on EBSA and working to change it.</p>

	Pro-active measures	Immediate support	Longer-term support
	<p><a href="#">– Anna Freud</a> (includes videos and downloadable resources and tools)</p> <p><a href="#">Information page and includes webinar on Understanding emotionally based school avoidance – Anna Freud</a></p> <p><a href="#">Kent EBSA pathway (and training for professionals) and additional information / sign up for information</a></p> <p><a href="#">Emotionally Based School Avoidance (Resource Pack) – KCC Ed Psychology Service</a> – Includes information and resources</p> <p><a href="#">Anxiety Webinar - School Staff</a> This is a school staff recorded webinar which helps to understand anxiety and how to support children and young people who are experiencing anxiety. It also speaks about how to work with the families of children who are caring for the child.</p> <p><a href="#">KSCMP factsheets</a></p> <ul style="list-style-type: none"> <li>• ACEs</li> </ul>		

	Pro-active measures	Immediate support	Longer-term support
	<ul style="list-style-type: none"> <li>• Elective Home Education</li> <li>• Family context and professional curiosity</li> <li>• Impact of parental mental health on children</li> <li>• Information sharing to safeguard children</li> <li>• Parents or carers with a learning disability or difficulty</li> <li>• Voice and lived experiences of the child</li> </ul> <p><b>Guidance:</b> <a href="#">Guidance for supporting children and young people experiencing EBSA – Kent Educational Psychology service</a></p> <p><b>PSHE / School Resources:</b> <a href="#">School wellbeing cards</a></p> <p><a href="#">Facing Your Fears (CYP)</a> (exercise for young people) – Psychology Tools</p> <p><a href="#">EBSA Strategies and Tool Kit for Primary Schools – Brighter Futures for Children</a></p> <p><a href="#">EBSA Strategies and tool kit for</a></p>		

	Pro-active measures	Immediate support	Longer-term support
	<a href="#">secondary Schools – Brighter Futures for Children</a>		
<b>For parents / carers</b>	<p><b>Information:</b>  <a href="#">KCC Kent Ed Psych service EBSA webinars designed for parents.</a>  <a href="#">School anxiety and refusal – Information for parents. YoungMinds</a>  <a href="#">KCC EBSA parent resource pack</a> A resource pack which details factors associated with EBSA and gives tools throughout to help you and your child understand their feelings as well as management strategies.  <a href="#">Parent and carer recorded webinar</a> for parents and carers with children in KS2 and KS3. Developed by Kent Educational Psychology Service. Designed to understand anxiety and how to support children and young people who are experiencing anxiety. It also talks about how parents can manage their own anxieties and how to create a supportive environment and work with their child’s school.</p>	<p><b>National:</b>  <a href="#">YoungMinds Parent helpline</a>  <a href="#">EBSA strategies and tool kit for families – Bright Futures for Children</a>  <a href="#">BBC Bitesize – What is ‘school refusal’? how to help your child.</a>  <a href="#">Not Fine in School - Young People, Information</a> A support and awareness site which holds information on various support available to parents and carers as well as the DfE Clarification of Legislative Expectations. It provides step by step, ‘what can I do’ resource.  <a href="#">Anxiety disorders in children - NHS</a> NHS advice and help for anxiety in children with links to information and support</p>	<p><b>Local:</b>  <a href="#">A resource pack</a> which details factors associated with EBSA and gives tools throughout to help you and your child understand their feelings as well as management strategies.</p>

	Pro-active measures	Immediate support	Longer-term support
	<a href="#">Information page by Family Action about EBSA, the effects EDBA has on parents, and what parents can do to support their child.</a>		

## Gambling

	Pro-active measures	Immediate support	Longer-term support
<b>For the child / young person</b>	<p><b>PSHE sessions :</b> Risk awareness and financial wellbeing can be explored within the PSHE curriculum, with age-appropriate content that supports pupils in understanding the potential consequences of financial decisions. Topics related to gambling may include recognising the risks involved, understanding its financial impact, and considering how gambling may affect educational outcomes, social relationships, and emotional wellbeing. It may also be appropriate to explore the wider health implications, including the potential effects on physical and mental health.</p> <p><b>Information:</b> <a href="#">GamCare website about gambling information, advice and support.</a></p> <p>The Mix website has a list of gambling related information pages (5-10 mins read)</p> <ul style="list-style-type: none"> <li>• <a href="#">The Mix – What is gambling?</a></li> </ul>	<p><b>National:</b> <a href="#">Big Deal? Gambling information, advice and support for young people – This page is if a child is worried about a parents gambling.</a></p> <p><a href="#">GamCare offers online support services.</a></p> <p><a href="#">The National Gambling Clinic (NGC) is a free confidential NHS service supporting people who are experiencing harm from gambling aged 13 to 18 years.</a></p> <p><a href="#">The National Centre for Gaming Disorders offer help for young people aged 13 and over. It is aimed at people who have difficulty controlling their video game use and the impact it has on their lives. (This can be associated with gambling)</a></p> <p><a href="#">Mental Health Foundation offers advice and support for children and young people on the topic of</a></p>	<p><b>National:</b> <a href="#">GamCare operates the National Gambling Helpline providing information, advice and support for anyone affected by gambling problems. Advisors are available 24 hours a day by phone or by webchat. Information can be found on the <a href="#">KCC Local Kent Directory page.</a></a></p>

	Pro-active measures	Immediate support	Longer-term support
	<ul style="list-style-type: none"> <li><a href="#">The Mix - Protect yourself from gambling</a></li> <li><a href="#">The Mix – Loot boxes: What you need to know</a></li> </ul>	<p><a href="#">Gambling and mental health.</a></p> <p><b>Local:</b> <a href="#">Live Well Kent offers support for money and debt related issues for 17+</a></p>	
<b>For education staff</b>	<p><b>General information:</b> <a href="#">Gambling Commission report – Young People and Gambling 2023: Official statistics</a></p> <p><b>Training / INSET:</b> <a href="#">Ygam offer training and at times a bespoke workshop</a></p> <p><a href="#">Breakeven offers training for professionals.</a></p> <p><a href="#">KSCMP factsheets</a></p> <ul style="list-style-type: none"> <li>Online safeguarding</li> <li>Voice and lived experiences of a child</li> </ul> <p><a href="#">KSCMP has a range of multi-agency training, both elearning and delivered courses.</a> Access the full training catalogue on the website. Training is free but users need to create an</p>	<p><b>Advice and Support:</b> <a href="#">KCHFT page with information about gaming and gambling and how to seek support.</a></p> <p><a href="#">The National Gambling Clinic (NGC) is a free confidential NHS service supporting people who are experiencing harm from gambling aged 13 to 18 years. Consent is needed but professionals can gather information and speak to the young person / parents to help with a referral.</a></p> <p><a href="#">The National Centre for Gaming Disorders offer help for young people aged 13 and over. It is aimed at people who have difficulty controlling their video game use and the impact it has on their lives. (This can be associated with gambling) . The</a></p>	

	Pro-active measures	Immediate support	Longer-term support
	<p>account for the online training portal.</p> <ul style="list-style-type: none"> <li>• Online Safety – Risks to Children (elearning)</li> <li>• Online Safety for Parents and Carers (elearning)</li> <li>• Online Safety (delivered training)</li> </ul> <p><b>PSHE Resources:</b> Since September 2020 Secondary schools have been required to teach about the risks related to online gambling including the accumulation of debt.</p> <p><a href="#">Gambling prevention education – PSHE association</a> – Teacher handbook (KS1 to 4)</p> <p><a href="#">TES Gambling Aware lesson (KS3/4)</a></p> <p><a href="#">Barclays Life Skills – Spending Behaviours and Gambling lesson</a></p> <p>Safer Gambling Week resources by Safer Gambling UK. <a href="#">Range of resources and information for education professionals.</a></p>	<p><a href="#">webpage offers help for professionals to be able to refer in for young people and if parents need support.</a></p>	

	Pro-active measures	Immediate support	Longer-term support
<b>For parents / carers</b>	<p>Sharing of PSHE resources when topic of risks related to online gambling and the accumulation of debt covered (Secondary schools). If appropriate, a Q&amp;A session could be offered.</p> <p><a href="#">Y-gam Family Hub which provides parents and carers knowledge and resources related to gambling.</a> It offers tips to support your child and offers information about understanding gambling risk and harm.</p> <p>Safer Gambling Week resources by Safer Gambling UK. <a href="#">Range of resources and information for parents and carers.</a></p>	<p><b>Advice and support:</b> <a href="#">KCHFT page with information about gaming and gambling and how to seek support.</a></p> <p><a href="#">GamCare – Young People’s Support Service</a> Offers information and support lines if you are affected by gambling or someone else’s gambling.</p> <p><a href="#">Breakeven provides counselling, family support, peer support and aftercare.</a> It offers free support and you can self-refer. There is also a self-assessment tool.</p> <p><a href="#">The National Centre for Gaming Disorders</a> offer help for young people aged 13 and over. It is aimed at <a href="#">people who have difficulty controlling their video game use and the impact it has on their lives. (This can be associated with gambling)</a> . <a href="#">The webpage offers help for professionals to be able to refer in for young people and if parents need support.</a></p>	

## Housing / Homelessness

	Pro-active measures	Immediate support	Longer-term support
<b>For the child / young person</b>	<p><b>PSHE sessions:</b> Housing and homelessness can be explored through a range of PSHE topics, with content tailored to be age-appropriate and relevant to pupils' experiences. Lessons may include developing an understanding of homelessness, recognising the importance of safe living environments, and identifying sources of support for individuals facing housing insecurity. Other related issues, such as preparing to move out of the family home, managing housing costs, and adapting to new living situations, can also be introduced as part of broader discussions around independence and financial responsibility.</p> <p><b>Information:</b></p>	<p><b>National:</b> <a href="#">Shelter England Emergency Options for 16-25 year olds</a>. Information about a range of different options and support.</p> <p><a href="#">YMCA offers support with homelessness if aged 16-18.</a></p> <p><a href="#">Centrepoint – Support and advice for young people</a> Offers a phone line, webchat and email.</p> <p><a href="#">Mind has a useful contacts page for those aged 11-18. There is an additional list of useful contacts to support with housing and living conditions.</a></p> <p><a href="#">Shelter England Factsheet. Homelessness: 16 and 17 year olds.</a></p>	

	Pro-active measures	Immediate support	Longer-term support
	<p>The Mix website has a list of housing related information pages (5-10 mins read)</p> <ul style="list-style-type: none"> <li>• <a href="#">How to move out of your parents' house</a></li> <li>• <a href="#">Housing Benefit</a></li> <li>• <a href="#">Housing Benefit in the UK</a></li> <li>• <a href="#">Help with rent and rent arrears</a></li> <li>• <a href="#">Help, I am homeless</a></li> <li>• <a href="#">The process of buying a house</a></li> <li>• <a href="#">UK tenant's rights</a></li> <li>• <a href="#">Council tax</a></li> <li>• <a href="#">Renting with a disability</a></li> <li>• <a href="#">Types of household bills</a></li> <li>• <a href="#">Breaking the ice with your new university housemates</a></li> <li>• <a href="#">I'm being evicted</a></li> <li>• <a href="#">Types of household bills</a></li> </ul>	<p><a href="#">Shelter England Factsheet. Homelessness: Young people aged 18+.</a></p> <p><a href="#">Shelter England Factsheet: Students and private renting.</a></p> <p><a href="#">Mental Health Foundation offers advice and support for children and young people on the topic of Housing and mental health.</a></p> <p><b>Local:</b> <a href="#">Dartford Brough Council – Housing Advice for Young People</a></p> <p><a href="#">Kent Homechoice – advice for 16 and 17 years olds</a></p> <p><a href="#">Kent Homechoice Student Housing information</a></p> <p><a href="#">Citizens Advice provides information and advice on housing issues (National but have local centres)</a></p> <p><a href="#">Kent Homechoice have information</a></p>	

	Pro-active measures	Immediate support	Longer-term support
		<p><a href="#">about Domestic Abuse (DA) Support</a></p> <p><a href="#">Live Well Kent offers support for housing concerns for 17+</a></p> <p><a href="#">The Young Lives Foundation (YLF) is a children’s charity based in Kent, providing advocacy and youth programs. YLF works closely with District Councils and Social Services to support joint assessments for 16- and 17-year-olds who approach the council as homeless. They also offer wider advocacy services for children and young people.</a></p>	
<b>For education staff</b>	<p><b>General information:</b> <a href="#">Shelter England provide a wide range of housing factsheets including housing options, benefits, repairs and safety, homelessness, mortgages and debt and eviction.</a></p> <p><a href="#">Children’s Commissioner – No child should be homeless: how housing instability affects a child’s GCSE grades (March 2025)</a></p>	<p><b>Advice and Support:</b> See information in the child and young person section for additional information and charities, services and local councils that can support.</p> <p><b>For individuals:</b> <a href="#">CSK Emotional Wellbeing Counselling Service. A service available to schools and colleges across the south-east. Support children / young people with a variety of difficulties</a></p>	

	Pro-active measures	Immediate support	Longer-term support
	<p><a href="#">Shelter Briefing – The impact of homelessness and bad housing on children’s education</a></p> <p><b>Training / INSET:</b> <a href="#">Shelter provides a page which contains legal information/guides, practical resources and advice for professionals. They also offer some training.</a></p> <p><a href="#">KSCMP factsheets</a></p> <ul style="list-style-type: none"> <li>• ACEs</li> <li>• Contextual Safeguarding</li> <li>• Family context and professional curiosity</li> <li>• Impact of parental mental health on children</li> </ul> <p><b>PSHE Resources:</b> <a href="#">TES – Rent and Mortgage Lesson PSHE (16+)</a></p> <p><a href="#">TES – Homelessness PSHE resources – (ages 14-16)</a></p> <p><a href="#">Shelter offers resources related to</a></p>	<p><a href="#">including poor home environment.</a></p>	

	Pro-active measures	Immediate support	Longer-term support
	<a href="#">homelessness and also linked to fundraising.</a>		
<b>For parents / carers</b>	<p>Sharing of PSHE resources with parents.</p> <p><b>General Information:</b></p> <p><a href="#">The government has a Housing Hub page with information regarding various types of housing.</a></p> <p><a href="#">Kent Homechoice has information regarding housing options if you are going to be made homeless.</a></p> <p><a href="#">Shelter</a> offers a range of information related to homelessness, private renting, council housing, eviction, mortgage repossession, repairs/housing conditions and tendency deposits.</p>	<p><b>Local:</b> See Young Persons section for Domestic Abuse support from Kent Homechoice.</p> <p>Kent Family Hub offers a centralised source of support for families with children from birth to 19 years old (or up to 25 with SEND). It provides help with housing-related stress and family wellbeing.</p> <p><a href="#">Household Support Fund – This fund provides financial assistance to vulnerable households struggling with the cost of living.</a></p> <p><a href="#">Porchlight offers extensive housing support across Kent. It provides help for people who are homeless or at risk of losing their home.</a></p> <p><a href="#">Porchlight also runs the Family Routes Service</a> which support families with children aged 10+ facing poverty. It address housing issues, financial worries, emotional wellbeing and</p>	

	Pro-active measures	Immediate support	Longer-term support
		<p>relationship support.</p> <p><a href="#">Involve Kent provides holistic family support including help navigating housing and independence for young people aged 18-25.</a></p> <p>District Councils have information about Housing on each of their websites. Information varies by area but includes housing advice, homelessness support and guidance, applying for social housing and grants. Individual area information is listed below –</p> <p><a href="#">Ashford Borough Council</a>  <a href="#">Canterbury City Council</a>  <a href="#">Dartford Borough Council</a>  <a href="#">Dover District Council</a>  <a href="#">Folkestone and Hythe District Council</a>  <a href="#">Gravesham Borough Council</a>  <a href="#">Maidstone Borough Council</a>  <a href="#">Sevenoaks District Council</a>  <a href="#">Swale Borough Council</a>  <a href="#">Thanet District Council</a>  <a href="#">Tonbridge and Malling Borough Council</a>  <a href="#">Tunbridge Wells Borough Council</a></p>	

	Pro-active measures	Immediate support	Longer-term support
		<p><b>Housing / Domestic Abuse support:</b></p> <p><b>National:</b>  <a href="#">WomensAid</a> offers information and support if you are experiencing abuse. It also offers advice and support if you are worried about someone else.</p> <p><b>Local:</b>  <a href="#">The Kent and Medway Domestic Abuse Partnership offers support.</a></p> <p><a href="#">Sevenoaks District Council Housing page has DA information.</a></p> <p><a href="#">Tonbridge and Malling Borough Council DA support</a></p>	

## Obsessive Compulsive Disorder (OCD) Resources

	Pro-active measures	Immediate support	Longer-term support
<b>For the child / young person</b>	<p><b>PSHE sessions:</b> PSHE guidance states that mental health and emotional wellbeing are core parts of PSHE. Anxiety and OCD can be covered as part of emotional wellbeing within the curriculum.</p> <p><b>Information:</b> The Mix website has an information page about OCD (10 min read)</p> <ul style="list-style-type: none"> <li>• <a href="#">The Mix – OCD</a></li> </ul>	<p><b>Local:</b> <a href="#">The NHS specialist mental health service for children up to the age of 18 support conditions including OCS and anxiety disorders. Kent and Medway CYMPMHS.</a></p> <p><a href="#">ChatHealth (KCHFT) is a text service for 11-19 year olds. Young people can text a member of the team for support.</a></p> <p><b>National:</b> <a href="#">OCD UK has a range of resources for children and young people up to the age of 18. These include a pocket size guide, a video for the recently diagnosed and young ambassador posts.</a></p>	<p><b>Local:</b> <a href="#">Kent and Medway Children and Young People’s Mental Health Service (CYPMHS) may be able to support longer term.</a></p>
<b>For education staff</b>	<p><b>General Information:</b> <a href="#">OCD UK has information and a range of resources for young people (up to the age of 18)</a></p> <p><a href="#">Inclusive Minds has a page explaining</a></p>	<p><b>Advice and Support:</b> <a href="#">Nip in the Bud offers information about OCD, how teachers can help support students and includes various tips.</a></p>	<p><b>Local:</b> <a href="#">Kent and Medway Children and Young People’s Mental Health Service (CYPMHS) may be able to support longer term.</a></p>

	Pro-active measures	Immediate support	Longer-term support
	<p><a href="#">how students with OCD can be supported.</a></p> <p><a href="#">Anna Freud offers information on what schools and further education settings can do to support pupils with diagnosed or possible OCD.</a></p>	<p><b>For individuals:</b> <a href="#">Emotional Wellbeing Teams in Schools (Kent MHST). Offer early intervention mental health support with schools and at times will offer support with anxiety and compulsions.</a></p>	
<b>For parents / carers</b>	<p><b>General Information:</b> <a href="#">OCD UK has information and a range of resources for young people (up to the age of 18)</a></p>	<p><b>National:</b> <a href="#">Anna Freud offers information about how to support children and young people with OCD. It also offers advice on what to say to schools and colleges, siblings and extended family.</a></p> <p><a href="#">Child Mind Institute offers a guide on what OCD is, signs of OCD, treatment, information about related disorders and working with the school.</a></p> <p><a href="#">OCD UK offers information, support and parent workshops for parents of children aged between 5-18 suffering because of OCD.</a></p> <p><a href="#">YoungMinds offers information about OCD and how to help a young person access treatment. It also offers help with information on how to support a</a></p>	<p><b>National:</b> <a href="#">Kent and Medway Children and Young People's Mental Health Service (CYPMHS) may be able to support longer term.</a></p>

	Pro-active measures	Immediate support	Longer-term support
		<p><a href="#">young person.</a>  <a href="#">YoungMinds Parents helpline is a service which offers an opportunity to speak to someone by phone or to chat online if a parent/carer is worried about their child or young person's mental health</a></p> <p><b>Local:</b></p> <p><a href="#">Kent and Medway NHS ICB offers a web pages for mental health immediate contacts.</a></p>	

## Online Safety and Digital Wellbeing Resources

	Pro-active measures	Immediate support	Longer-term support
<b>For the child / young person</b>	<p><b>PSHE / Curriculum sessions:</b> PSHE guidance states that the following areas would be covered as a comprehensive approach to online safety:</p> <ul style="list-style-type: none"> <li>• Understanding online bullying</li> <li>• Respectful online communication</li> <li>• Cyberbullying and harmful online behaviour</li> <li>• Online financial harm</li> <li>• Privacy and consent</li> </ul> <p><b>Information / resources:</b> <a href="#">Thinkuknow (CEOP Education)</a> Age-specific content (4–18) including games, videos and advice to help children recognise risk and stay safe online.</p> <p><a href="#">Childnet</a> Interactive advice for children and young people on topics such as social media, gaming, digital wellbeing and misinformation. This is the main</p>	<p><b>National:</b> <a href="#">Childline advice re bullying and online abuse.</a> A safe, confidential space where children can access advice and support about their online experiences.</p> <p><a href="#">CEOP Safety Centre – Report online abuse</a> Children can report concerns directly and receive support from trained Child Protection Advisors</p> <p><a href="#">Report Remove (via Childline / IWF)</a> (NSPCC website) Helps under 18s remove nude images shared online, with support throughout the process</p>	<p><a href="#">Kooth (Kent &amp; Medway)</a> Free, anonymous online counselling for ages 10–25. Includes live chat, articles, journaling and peer support</p>

	Pro-active measures	Immediate support	Longer-term support
	<p>page and there is information for 4-11 year olds and 11-18 year olds.</p> <p><a href="#">CEOP / Thinkuknow interactive content</a> Includes child-friendly animations and stories such as <i>Jessie &amp; Friends</i> and <i>Play Like Share</i> to build understanding of online risks and how to get help.</p> <p><a href="#">NSPCC Online Safety Hub</a> Offers quizzes, advice and practical tips to support children’s online wellbeing and safe digital habits.</p> <p><a href="#">Kids Online Safety Campaign – Learn</a> Child-friendly information on topics such as online bullying, privacy and gaming, helping young people understand online risks</p> <p><a href="#">GOV.UK Media Literacy Resources</a> Supports older children and young people to think critically about online content and build digital resilience.</p>		

	Pro-active measures	Immediate support	Longer-term support
<b>For education staff</b>	<p><b>General Information:</b></p> <p><a href="#">KSCMP has a website page devoted to online safety with a wealth of additional sites and information.</a></p> <p><a href="#">Childnet</a> Interactive advice for teachers and professionals on topics such as social media, gaming, digital wellbeing and misinformation. This is the main page and a range of pages can be selected.</p>	<p><b>Advice and Support:</b></p> <p>LESAS may be able to help with information regarding specific difficulties / an approach. More information can be found <a href="#">here</a>. LESAS also provide resources and guidance for online safety and a <a href="#">newsletter</a>.</p> <p>The KSCMP website also hosts a range of materials and additional website links.</p>	<p><b>Local:</b></p> <p><a href="#">Kent and Medway Children and Young People’s Mental Health Service (CYPMHS) may be able to support longer term.</a></p>
<b>For parents / carers</b>	<p><b>General Information:</b></p> <p><a href="#">NSPCC – supporting children’s online wellbeing</a> Guidance on managing screen time, supporting healthy online habits and understanding how online activity affects wellbeing</p> <p><a href="#">UK Safer Internet Centre</a> Provides guidance, tips and videos for young people and parents on issues including cyberbullying, screen time and online harms</p> <p><a href="#">Childnet</a> Interactive advice for parents</p>	<p><b>National:</b></p> <p><a href="#">NSPCC – Bullying and cyberbullying support</a> Advice on recognising signs of online bullying and how to support your child</p> <p><a href="#">Internet Matters – Cyberbullying advice</a> Practical step-by-step guidance on preventing and responding to online bullying</p> <p><a href="#">Childnet – Parents and carers resources</a> Toolkits and videos to help</p>	<p><b>National:</b></p> <p><a href="#">Kent and Medway Children and Young People’s Mental Health Service (CYPMHS) may be able to support longer term.</a></p>

	Pro-active measures	Immediate support	Longer-term support
	<p>and carers on topics such as social media, gaming, digital wellbeing and misinformation. This is the main page and a range of pages can be selected.</p> <p><a href="#">Resource – Gaming: What parents and carers need to know</a></p> <p><a href="#">The Dark Web explained</a> – resources including a short film and a fact sheet.</p>	<p>you support your child’s online safety and wellbeing</p> <p><a href="#">UK Safer Internet Centre – Advice for parents</a> Guidance on talking to children about cyberbullying and supporting them safely</p> <p><a href="#">YoungMinds Parents Helpline</a> Confidential advice for parents worried about their child’s mental health</p>	

## Relationship breakdowns at home Resources

	Pro-active measures	Immediate support	Longer-term support
<b>For the child / young person</b>	<p><b>PSHE sessions:</b> PSHE should educate young people about the impact of separation, divorce and bereavement on families and how to adapt to a change in circumstances. Teaching should use appropriate age resources and be sensitive to the needs of children, especially those affected by family changes.</p> <p><a href="#">Your Direction has a range of real life stories of young people relating to issues linked with parent / family separation. These stories may be able to be incorporated into PSHE lessons.</a></p> <p><b>Information:</b> The Mix website has an information page about divorce / separation (9 min read)</p> <ul style="list-style-type: none"> <li>• <a href="#">The Mix – How to deal with divorce</a></li> </ul>	<p><b>Local:</b> <a href="#">KCC and Medway Council working with Your Direction offer free online workshops for young people aged 12-17 years who are dealing with parental conflict or parental separation.</a></p> <p><a href="#">Your Direction has a range of resources and real life stories relating to parent / family separation.</a></p> <p><b>National:</b> <a href="#">YoungMinds offers a page for young people about how to cope with family difficulties.</a></p> <p><a href="#">Adjusting to your parents splitting up - Gingerbread</a> This website provides information for the child of parents who are going through a separation with commonly asked questions and answers to help them deal with the change in their lives.</p> <p><a href="#">Childline – Contact child line by phone or online.</a></p>	<p><b>Local:</b> <a href="#">Kent and Medway Children and Young People’s Mental Health Service (CYPMHS) may be able to support longer term.</a></p>

	Pro-active measures	Immediate support	Longer-term support
<b>For education staff</b>	<p><b>General Information:</b>  <a href="#">NSPCC has an information page about separation and divorce: Understanding parental rights and responsibilities.</a></p> <p><a href="#">How schools should handle family break ups. Article January 2026, The Headteacher.</a></p> <p><a href="#">Separation in your School – A guide to improving the experience and outcomes for children. Produced by The Parents Promise.</a> This includes DfE guidance and emotional and practical checklists for education settings.</p> <p><a href="#">Family Breakdown – CAMHS</a>            Webpage outlining various coping strategies (a-z) to help young people.</p>	<p><b>Advice and Support:</b>  <a href="#">Anna Freud offers information about how to support children and young when parents and carers are in conflict or separation.</a></p> <p><a href="#">Schools - supporting children through family separation. Produced by Withers</a> (Law firm) This page talks about how to manage being caught in the middle of parents and children who are going through a separation and how to communicate effectively.</p>	<p><b>Local:</b>  <a href="#">Kent and Medway Children and Young People’s Mental Health Service (CYPMHS) may be able to support longer term.</a></p>
<b>For parents / carers</b>	<p><b>General Information:</b>  <a href="#">NSPCC has an information page about separation and divorce: Understanding parental rights and responsibilities.</a></p>	<p><b>National:</b>  <a href="#">Place2Be: Parenting Smart: I’m going through a break up and want to support my child</a> Information and advice. This page also has videos on</p>	<p><b>National:</b>  <a href="#">Place2Be Co-parenting after a separation or a divorce – 2 minute video. Tips on how to help your child.</a></p>

	Pro-active measures	Immediate support	Longer-term support
	<p>Growing Through offers several resources including-</p> <ul style="list-style-type: none"> <li>• <a href="#">Questions or worries a child may have following a family breakdown.</a></li> <li>• <a href="#">Tips for helping children following a family breakdown.</a></li> </ul>	<p>listening skill and co-parenting.</p> <p><a href="#">Anna Freud offers information about how to support children and young when parents and carers are in conflict or separation.</a></p> <p><a href="#">NSPCC offers a webpage which outlines how to support children through a separation or divorce.</a></p> <p><a href="#">YoungMinds offers information about how divorces and separation can affect children and young people. It also includes mental health support and advice.</a></p> <p><a href="#">YoungMinds Parents helpline is a service which offers an opportunity to speak to someone by phone or to chat online if a parent/carer is worried about their child or young person's mental health</a></p> <p><a href="#">CAFCASS</a> information page for parent, carer or family members related to family court and private law</p>	

	Pro-active measures	Immediate support	Longer-term support
		<p>proceedings.</p> <p><b>Local:</b>  <a href="#">Kent County Council offers support for separated parents.</a> This includes information on reducing arguments and conflict, support for domestic abuse and offer links for support and guidance.</p> <p><a href="#">Kent County Council – Strengthening Family Relationships.</a> Information about free in-person workshops across Kent and Medway.</p> <p><a href="#">Kent and Medway NHS ICB offers a web pages for mental health immediate contacts.</a></p>	

## Schizophrenia / Psychosis Resources

	Pro-active measures	Immediate support	Longer-term support
<b>For the child / young person</b>	<p><b>PSHE sessions:</b> PSHE guidance states that mental health and emotional wellbeing are core parts of PSHE.</p> <p><b>Information:</b> <a href="#">The Royal College of Psychiatrists have information about schizophrenia in children and young people. It includes what it is, the symptoms, how it is diagnosed and how to get help.</a></p> <p><a href="#">Mind has several webpages related to schizophrenia including understanding schizophrenia, coping and self-care for schizophrenia and treatment for schizophrenia.</a></p> <p>The Mix website has a list of schizophrenia and psychosis related information pages (5-10 mins read)</p> <ul style="list-style-type: none"> <li>• <a href="#">The Mix – Schizophrenia</a></li> <li>• <a href="#">The Mix –Psychosis</a></li> </ul>	<p><b>Local:</b> <a href="#">YoungMinds has information about Schizophrenia which includes information about treatments, looking after yourself and getting support for someone.</a></p> <p><a href="#">NHS Kent and Medway Mental Health Trust offer Ealy Intervention for Psychosis for 14 to 65 year olds. It is an East Kent service for people living in Ashford, Canterbury, Dover, Folkestone and Thanet.</a></p> <p><a href="#">Kent Community Health NHS Foundation Trust (KCHFT) - Chat Health for 11-19 year olds. Text service and information.</a></p> <p><a href="#">Youth access webpage with finding youth advice and counselling in the local area. (11-25 year olds)</a></p> <p><b>National:</b> <a href="#">Schizophrenia and Psychosis Action Alliance offers a resource line to</a></p>	<p><b>National:</b> <a href="#">Hope for schizophrenia offers tools and worksheets for people to support mental health recovery. There are a wide range of resources to support goal setting, treatment discussions and recovery.</a></p>

	Pro-active measures	Immediate support	Longer-term support
	<ul style="list-style-type: none"> <li><a href="#">The Mix – What is paranoia?</a></li> </ul>	<p><a href="#">support people diagnosed with schizophrenia, as well as their parents/carers, family, friends and teachers.</a></p> <p><a href="#">Schizophrenia and Psychosis Action offers companion worksheets to help navigate a new diagnosis using toolkits. Individuals and caregivers may find the worksheets useful.</a></p>	
<b>For education staff</b>	<p><b>General Information:</b> <a href="#">The Royal College of Psychiatrists have information about schizophrenia in children and young people. It includes what it is, the symptoms, how it is diagnosed and how to get help.</a></p> <p><a href="#">Mind has several webpages related to schizophrenia including understanding schizophrenia and treatment for schizophrenia.</a> There are also stories and videos of individuals who are living with schizophrenia.</p>	<p><b>Advice and Support:</b> <a href="#">Mind has a webpage and information on how to help someone diagnosed with schizophrenia.</a> It includes tips, planning for a crisis and other tips.</p> <p><b>For individuals that are in crisis</b> <a href="#">Kent and Medway NHS ICB offers a web pages for mental health immediate contacts.</a></p>	
<b>For parents / carers</b>	<p><b>General Information:</b> <a href="#">The Royal College of Psychiatrists</a></p>	<p><b>National:</b> <a href="#">Anna Freud offers information</a> about</p>	<p><b>National:</b></p>

	Pro-active measures	Immediate support	Longer-term support
	<p><a href="#">have information about schizophrenia in children and young people. It includes what it is, the symptoms, how it is diagnosed and how to get help.</a></p>	<p>schizophrenia and psychosis for parents and carers to help support children and young people. It also offers advice on what to say to schools and colleges, siblings and extended family.</p> <p><a href="#">Mind has a webpage and information on how to help someone diagnosed with schizophrenia.</a> It includes tips, planning for a crisis and other tips.</p> <p><a href="#">YoungMinds Parents helpline is a service which offers an opportunity to speak to someone by phone or to chat online if a parent/carer is worried about their child or young person's mental health</a></p> <p><a href="#">Hearing Voices Network offers free leaflets and booklets including some for parents and carers of children and young people who hear voices.</a></p> <p><b>Local:</b> <a href="#">Kent and Medway NHS ICB offers a web pages for mental health immediate contacts.</a></p>	<p><a href="#">Schizophrenia and Psychosis Action Alliance offer a care giver toolkit that helps carers understand schizophrenia, organise medical information and track symptoms. They also run an interactive seminar series for ongoing carer learning.</a></p> <p><a href="#">Hope for schizophrenia offers ongoing practical advice for carers including supporting treatment management, preparing crisis plans and a range of tips.</a></p>

## Self-esteem and Confidence resources

	Pro-active measures	Immediate support	Longer-term support
<b>For the child / young person</b>	<p><b>PSHE sessions:</b> PSHE guidance states that mental health and emotional wellbeing are core parts of PSHE. This includes understanding self-esteem, emotional regulation, building resilience, celebrating strength.</p> <p><b>Information:</b> The Mix website has a list of schizophrenia and psychosis related information pages (5-10 mins read)</p> <ul style="list-style-type: none"> <li>• <a href="#">The Mix – Building self-esteem</a></li> <li>• <a href="#">The Mix – What is shyness?</a></li> <li>• <a href="#">The Mix – Lifeskills: Growth mindset</a></li> </ul> <p><a href="#">Mind – tips for building confidence and self-esteem</a> Practical, age-appropriate strategies to build confidence, including recognising strengths and challenging negative thoughts.</p>	<p><b>Local:</b> <a href="#">Kent Community Health NHS Foundation Trust (KCHFT) - Chat Health for 11-19 year olds. Text service and information.</a></p> <p><a href="#">Youth access webpage with finding youth advice and counselling in the local area. (11-25 year olds)</a></p> <p><b>National:</b> <a href="#">Mind – confidence and self-esteem support</a> Immediate strategies to manage negative thoughts and build self-confidence.</p>	<p><b>National:</b> <a href="#">Self-esteem activities</a> Tools to support self-reflection, emotional awareness and positive identity development over time</p>

	Pro-active measures	Immediate support	Longer-term support
	<p><a href="#">Children’s Society – wellbeing A-Z (including self-esteem)</a> Information to help young people understand self-esteem and emotional wellbeing, alongside other common mental health themes</p>		
<b>For education staff</b>	<p><b>General Information:</b> <a href="#">YoungMinds – professional resources</a> Classroom activities and guidance to promote emotional wellbeing and positive relationships.</p>	<p><b>Advice and Support:</b> <a href="#">NSPCC / safeguarding-style guidance on wellbeing (via YoungMinds resources)</a> Supports staff to recognise concerns and respond to emotional wellbeing needs in school.</p> <p><b>General:</b> <a href="#">Supporting pupils with low self-esteem guidance</a> Identifies signs (e.g. withdrawal, avoidance of tasks) and highlights the importance of consistent encouragement and support. (Gateshead Resource)</p> <p><b>For individuals that are in crisis</b> <a href="#">Kent and Medway NHS ICB offers a web pages for mental health immediate contacts.</a></p>	<p><a href="#">EEF – metacognition and self-regulated learning guidance</a> Supports pupils to understand their strengths, reflect on learning and build confidence through structured approaches.</p> <p><a href="#">Self-esteem and resilience (school framework guidance)</a> Highlights how self-esteem affects behaviour, engagement and emotional wellbeing, and supports a whole-school approach. (Produced by Devon Council)</p>

	Pro-active measures	Immediate support	Longer-term support
<b>For parents / carers</b>	<p><b>General Information:</b>  <a href="#">YoungMinds – self-esteem guide for parents</a> Advice on recognising signs of low self-esteem and supporting children to build confidence and resilience.</p>	<p><b>National:</b>  <a href="#">Child Mind Institute – confidence and self-esteem resources</a>            Advice on building resilience, supporting children through challenges and developing positive self-image.</p> <p><b>Local:</b>  <a href="#">Kent and Medway NHS ICB offers a web pages for mental health immediate contacts.</a></p>	<p><b>National:</b></p>

## Self-Harm Resources

	Pro-active measures	Immediate support	Longer-term support
<b>For the child / young person</b>	<p><b>PSHE sessions:</b> PSHE guidance states that mental health and emotional wellbeing are core parts of PSHE. Self-harm should be taught sensitively and clearly, helping pupils make safer choices. Avoid triggering content, use third-person scenarios. Embed self-harm education within wider mental health topics, contextual safeguarding and resilience building. Best practice principles include promoting healthy coping strategies and reducing stigma around mental health and self-harm.</p> <p><b>Information:</b> The Mix website has a list of self-harm related information pages (5-10 mins read)</p> <ul style="list-style-type: none"> <li>• <a href="#">The Mix – What is self-harm?</a></li> <li>• <a href="#">The Mix – Long term effects of self-harm.</a></li> <li>• <a href="#">Why do people self-harm?</a></li> </ul>	<p><b>National:</b> <a href="#">NHS – Where to get support for self-harm</a></p> <p><a href="#">Alumina - Free online self-harm support for 10-17 year olds</a></p> <p><a href="#">The Mix - When your boyfriend/girlfriend self-harms articles offers information and tips of how to support and support groups</a></p> <p><a href="#">Coping with self-harm (for 11-18 year olds) - Mind</a> An information page about self-harm and also information on support/contact information in an emergency.</p> <p><a href="#">Childline offers support for under 19s. This link contains information about self-harm, self-harm coping techniques and a wealth of other information including how to get help.</a></p>	<p><b>Local:</b> <a href="#">Emerge – Support young people aged 10-25 when they come to hospital because of self-harm, suicide attempt or emotional crisis (Kent hospitals)</a></p> <p><a href="#">Calm App</a> – A free app that helps people manage or resist the urge to self-harm.</p>

	Pro-active measures	Immediate support	Longer-term support
	<ul style="list-style-type: none"> <li>• <a href="#">Confidentiality and self-harm.</a></li> <li>• <a href="#">Going to your GP about self-harm.</a></li> <li>• <a href="#">When your boyfriend/girlfriend self-harms.</a></li> </ul>	<p><a href="#">The Mix - Coping with a self-harm relapse article. Information and tips on what to do.</a></p> <p><a href="#">Mental Health Foundation offers advice and support for children and young people on the topic of Self-harm.</a></p> <p><b>Local:</b> <a href="#">Kent Community Health NHS Foundation Trust (KCHFT) - Chat Health for 11-19 year olds. Text service and information.</a></p> <p><a href="#">Youth access webpage with finding youth advice and counselling in the local area. (11-25 year olds)</a></p>	
<b>For education staff</b>	<p><b>General Information:</b> <a href="#">What is self-harm?-The Mix</a></p> <p><a href="#">Why Do people self-harm? – The Mix</a></p> <p><a href="#">Supporting someone who self-harms - Mind</a> Provides information on a range of areas including how to have a conversation and how to support an</p>	<p><b>Advice and Support:</b> <a href="#">Support offers for a professional to refer a young person - Harmless</a></p> <p><a href="#">Harmless – The Top Ten of helping</a></p> <p><a href="#">Alumina - Free online self-harm support for 10-17 year olds</a></p>	<p><b>Advice and Support:</b> <a href="#">How to support a child who self-harms-NSPCC</a></p>

	Pro-active measures	Immediate support	Longer-term support
	<p>individual.</p> <p><a href="#">Responding to self-harm – Young Minds</a> Website contains a short film, a guide for professionals and other information.</p> <p><b>Training / INSET:</b> <a href="#">Supporting Young People who Self harm – We are with you, Wellbeing for Schools. 1 hour presentation. Gives information about self-harm and practical strategies.</a></p> <p><a href="#">Alumina training for Kent professionals</a> Alumina offers a range of training including mental health and basic self-harm awareness.</p> <p><a href="#">Alumina Basic Self-harm training for Kent Professionals</a></p> <p><a href="#">Mind and Body for Education settings – Programmes can be delivered in Kent settings (secondary upwards). Free training for professionals can also be offered.</a></p>	<p><b>For individuals:</b> <a href="#">Mind and Body service for young people who are self-harming and at risk of self-harming or struggling with their mental wellbeing – information referral page</a> (for 13-25 year olds living in Kent) – Self referral or by professional or parent/carer.</p>	

	Pro-active measures	Immediate support	Longer-term support
	<p><a href="#">Anna Freud webinars (includes an introduction to self-harm prevention in schools and colleges and self-harm: Leading whole school and college prevention)</a></p> <p><a href="#">Kent and Medway teenage suicide and self-harm conference videos from October 2021 can be accessed from the KSCMP website.</a></p> <p><a href="#">Suicidal thoughts – NSPCC briefing - Young people’s experiences of suicidal thoughts and feelings   NSPCC Learning</a></p> <p><a href="#">KSCMP factsheets</a></p> <ul style="list-style-type: none"> <li>• ACEs</li> <li>• Emotionally Abusive Parenting</li> <li>• Family context and professional context</li> <li>• Impact of parental mental health on children</li> <li>• Information sharing to safeguard children</li> <li>• Online safeguarding</li> <li>• Sexual Assault Referral Centre (SARC)</li> </ul>		

	Pro-active measures	Immediate support	Longer-term support
	<ul style="list-style-type: none"> <li>• Suicide awareness</li> <li>• Voice and lived experiences of the child</li> </ul> <p><a href="#">KSCMP has a range of multi-agency training, both elearning and delivered courses.</a> Access the full training catalogue on the website. Training is free but users need to create an account for the online training portal.</p> <ul style="list-style-type: none"> <li>• Self-harm (elearning)</li> </ul> <p><b>Policy:</b> <a href="#">Self-harm: assessment, management and preventing recurrence (National Institute for Health and Care Excellence (Nice) guidelines Sept 2022)</a></p> <p><a href="#">Self-harm prevention advice (Kent and Medway ICB)</a></p> <p><a href="#">Self-Harm and PSHE Education</a> – Professionals pack by PSHE Education Stoke-on-Trent Staffordshire. Produced 2024</p> <p><a href="#">Self-harm in schools by SORTS</a></p>		

	Pro-active measures	Immediate support	Longer-term support
	<p><a href="#">(Supportive Response to Self-Harm)</a> – Offers information about a whole school approach and links to a toolkit of resources. Link found through Kent Resilience Hub.</p> <p><b>Risk assessment/safety plan:</b> <a href="#">Risk assessment / safety plan template. This is a document is on the Kent Resilience Hub and should be made and updated with the child / young person</a></p> <p><b>PSHE Resources:</b> <a href="#">PSHE Association – Unhealthy coping strategies – self-harm and eating disorders. PSHE Association (KS3)</a></p> <p><a href="#">TES teaching resources – Self-Harm/Injury (Age 14-16 years)</a></p> <p><a href="#">Self-harm – India’s Story BBC Bitesize resources (KS3/GCSE)</a></p> <p><a href="#">Self-Harm &amp; PSHE Professionals Pack PSHE Education Stoke on Trent Staffordshire</a></p>		
<b>For parents / carers</b>	Sharing of PSHE resources when topic	<b>National:</b>	<b>National:</b>

	Pro-active measures	Immediate support	Longer-term support
	<p>of self-harm covered. If appropriate, a Q&amp;A session could be offered.</p> <p><b>General Information:</b>  <a href="#">NSPCC – why do teenagers and children self-harm?</a></p> <p><a href="#">Self-Harm and Mental Health - Guide For Parents by YoungMinds</a></p>	<p><a href="#">Anna Freud offers information</a> about self harm and how to support a child/young person who is self-harming. It also offers advice on what to say to schools/colleges, as well as siblings and extended family.</p> <p><a href="#">Support offers for a parent to refer a young person - Harmless</a></p> <p><a href="#">YoungMinds Parents helpline is a service which offers an opportunity to speak to someone by phone or to chat online if a parent/carer is worried about their child or young person’s mental health</a></p> <p><b>Local:</b>  <a href="#">Kent Community Health NHS Foundation Trust (KCHFT) Self-harm page includes further resources and information for parents to support children</a></p> <p><a href="#">Mind and Body service for young people who are self harming and at risk of self-harming or struggling with their mental wellbeing – information</a></p>	<p><a href="#">NHS page which has a range of how to help someone with self-harm and has various organisations listed for family and friends.</a></p> <p><a href="#">How to support a child who self-harms? Offers general information about self-harm but also advice on supporting someone longer term</a></p>

	Pro-active measures	Immediate support	Longer-term support
		<p><a href="#">referral page</a> (for 13-25 year olds living in Kent) – Self referral or by professional or parent/carer</p> <p><a href="#">Mind and Body programme can support parents and offer information sessions and parent programmes</a></p>	

## Trauma

	Pro-active measures	Immediate support	Longer-term support
<b>For the child / young person</b>	<p><b>PSHE sessions</b></p> <p>The PSHE curriculum at Key Stages 1 and 2 can incorporate trauma-informed approaches to support children’s emotional wellbeing and resilience. Content may include helping pupils understand the possible causes and effects of trauma, while promoting the development of safe and supportive learning environments. These approaches aim to foster emotional awareness and equip children with strategies to manage their feelings in a constructive way.</p> <p><b>Information:</b></p> <p>The Mix website has a list of trauma and self-care related information pages (5-10 mins read)</p> <ul style="list-style-type: none"> <li>• <a href="#">The Mix- What is trauma?</a></li> <li>• <a href="#">The Mix- Post traumatic stress disorder (PTSD)</a></li> <li>• <a href="#">The Mix – A guide to self care</a></li> </ul>	<p><b>National:</b></p> <p><a href="#">What is trauma? – YoungMinds</a> This webpage is designed for young people and explains what trauma and PTSD are and how it affects people. It also offers tips to manage trauma and how to get help and support.</p> <p><a href="#">Mental Health Foundation offers advice and support for children and young people on the topic of Trauma.</a></p> <p><b>Local:</b></p> <p><a href="#">Youth access page with finding youth advice and counselling in the local area. (11-25 year olds)</a></p> <p><a href="#">Kent Community Health NHS Foundation Trust (KCHFT) Chat Health text service for 11-19 year olds regarding physical or emotional health concerns that they have.</a></p> <p><a href="#">MoodSpark offers a range of resources created by young people for young people relate to emotions and</a></p>	

	Pro-active measures	Immediate support	Longer-term support
		<p><a href="#">behaviour.</a></p> <p><a href="#">Kent Community Health NHS Foundation Trust (KCHFT) has a ChatHealth text services for young people aged 11-19.</a></p>	
<b>For education staff</b>	<p><b>General Information:</b> <a href="#">Understanding trauma and adversity – Young Minds</a></p> <p><a href="#">UK Trauma Council – Childhood Trauma and the Brain</a> – short video and also various videos and information pages/resources.</p> <p><b>Training / INSET:</b> <a href="#">Information about SPACE matters. KCC webpage regarding making Kent and Medway more trauma informed</a></p> <p><a href="#">KCC SPACE matters resource page – includes bulletins, website links, framework for organisations and other training materials</a></p> <p><a href="#">Anna Freud / UK Trauma Council - A range of short videos, research,</a></p>	<p><b>Advice and Support:</b> <a href="#">Kent School Health from Kent Community Health NHS Foundation Trust offers support and information on emotional wellbeing.</a> Direct link to emotional wellbeing page can be found <a href="#">here</a> and includes a wide range of topics and further resources.</p> <p><a href="#">How to support a young person to get help – YoungMinds</a></p>	

	Pro-active measures	Immediate support	Longer-term support
	<p><a href="#">resources, training and policy.</a>  <a href="#">Videos include – Childhood trauma and the Brain, How the brain adapts to adversity, Traumatic Bereavement: Helping children and young peoples who are struggling in schools and colleges.</a></p> <p><a href="#">Kent Community Health NHS Foundation Trust (KCHFT) – Emotional Health and wellbeing and resilience webpage with further links and information</a> This is more a general whole school emotional health and wellbeing resource with some school resources on the page.</p> <p><a href="#">Trauma training video (6 mins) – Multi-agency video which can also be accessed from the KSCMP website.</a></p> <p><a href="#">KSCMP factsheets</a></p> <ul style="list-style-type: none"> <li>• ACEs</li> <li>• Emotionally Abusive Parenting</li> <li>• Family context and professional context</li> <li>• Impact of parental mental health on children</li> </ul>		

	Pro-active measures	Immediate support	Longer-term support
	<ul style="list-style-type: none"> <li>• Information sharing to safeguard children</li> <li>• Sexual Assault Referral Centre (SARC)</li> <li>• Suicide awareness</li> </ul> <p><a href="#">KSCMP has a range of multi-agency training, both elearning and delivered courses.</a> Access the full training catalogue on the website. Training is free but users need to create an account for the online training portal. Some relevant training is listed below however there are many more training courses available.</p> <ul style="list-style-type: none"> <li>• Hidden Harm – Parental Substance Misuse , Parental Mental Illness and Domestic Abuse (elearning)</li> <li>• Impact of Parent Mental Health on Children seminar (recorded session)</li> <li>• Youth Mental Health First Aid (two day course)</li> </ul> <p><b>Activities, advice and various checklists:</b> <a href="#">Kent Resilience Hub page – Emotional</a></p>		

	Pro-active measures	Immediate support	Longer-term support
	<p><a href="#">wellbeing support for vulnerable pupils.</a></p> <p><a href="#">When to check in with a young person – YoungMinds (includes posters)</a></p>		
<b>For parents / carers</b>	<p><b>Information / background:</b></p> <p><a href="#">Childhood Trauma and the Brain – UK Trauma Council. Anna Freud 5 minute video</a></p> <p>Sharing of PSHE documents and some of the above websites and links as appropriate.</p> <p><a href="#">Beacon House – Developmental Trauma. An article for parents, carers and friends of children who have experienced early loss, trauma and attachment disruption. (42 page article exploring a range of themes)</a></p> <p><a href="#">KSCMP factsheets</a></p> <ul style="list-style-type: none"> <li>• ACEs</li> <li>• Emotionally Abusive Parenting</li> <li>• Family context and professional context</li> </ul>	<p><b>Advice and support:</b></p> <p><a href="#">Young Minds Parent helpline</a></p> <p><a href="#">Young Minds Parent help finder.</a> This webpage helps parents find information and support on a variety of themes.</p> <p><a href="#">Kent Community Health NHS Foundation Trust (KCHFT) – Kent Teen.</a> A page for parents regarding <a href="#">supporting teen’s development and keeping them safe and healthy.</a></p> <p><a href="#">Understanding your traumatised child – The Centre of Excellence in Child Trauma. (Free video 13 mins in length)</a></p>	

	Pro-active measures	Immediate support	Longer-term support
	<ul style="list-style-type: none"> <li>• Impact of parental mental health on children</li> <li>• Sexual Assault Referral Centre (SARC)</li> <li>• Suicide awareness</li> </ul>		

## General Information and additional links

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### **Government guidance and reports**

[Relationships Education, Relationships and Sex Education \(RSE\) and Health Education](#). Statutory guidance for governing bodies, proprietors, head teachers, principals, senior leadership teams, and teachers. Department for Education. Published July 2025.

[Mental Health and Wellbeing Resources for schools and colleges, parents/carers and children and young people](#). This document has been published by the Department for Education in April 2024. It contains a list of websites / support services from page 5 to 26. Although some are already covered within our document under the themes that we have listed there may be additional resources which schools, children and parents may find useful.

[Promoting children and young people's mental health and wellbeing – A whole school or college approach](#) This document has been published by Public Health England working with the Department for Education. Published in 2021. It has a range of chapters including ethos and environment, curriculum, teaching and learning, and staff development, health and wellbeing. There are practice examples throughout the document. An updated webpage on the same theme can be found [here](#).

[Promoting and supporting mental health and wellbeing in schools and colleges government](#) webpage has been updated in April 2026. It includes information about the government's Plan for Change, information about identifying your senior mental health lead and also information relating to training and outcomes. There are also some resources on the website for pupils, parents and teachers.

[Mental health and behaviour in schools](#) This document was published in November 2018 by the Department for Education. It has a range of information in chapters including schools responsibilities in relation to mental health, creating a whole school culture, understanding the link between mental health and behaviour, as well as collaborating with other agencies.

[Mental health issues affecting a pupil's attendance: guidance for schools](#). Guidance on how to support school attendance where there is a pupil experiencing social, emotional or mental health issues, last updated February 2023.

### **Other agency guidance documents**

[From policy to practice: a review of whole school approaches to mental health and wellbeing guidance](#). Produced in July 2025. A joint publication between the Children and Young People's Mental Coalition and the Schools Wellbeing Partnership. A document which looks at the progress of schools and colleges approaches ten years on from the Governments first publishing guidance to schools and colleges about mental health. The document reviews the progress and sets out information about whole school approaches and what has been achieved / still needs to change.

[PSHE Association Teacher guidance: Teaching about mental health and emotional wellbeing](#) Updated in 2021. The PSHE Association guidance funded by the Department for Education.

#### **National websites**

[Anna Freud](#) provides support services for young people, along with resources for children under five, educational materials for schools and colleges, and general information on children and young people's wellbeing. Some web pages have been developed in collaboration with young people to assist their peers. [Anna Freud also offers information for Early Years staff wellbeing and a resource for managers and teams.](#)

[Anna Freud – Schools in Mind.](#) Schools in Mind is a free network for education professionals which shares practical, academic and clinical expertise about mental health and wellbeing in schools and FE colleges. The network aims to translate research into practice by providing evidence-based, accessible information and resources that can be used to embed good mental health across the whole school community.

[YoungMinds.](#) YoungMinds offers information and a range of resources for young people, parents and carers and professionals. Direct links have been included in the wellbeing themes, however there are also other aspects covered and information relating to mental health more generally.

[RISE – The Children's Society](#) operates in schools and colleges across Newcastle and Gateshead supporting 5-18 with emotional wellbeing and mental health. They have a range of wellbeing resources that offer practical tips.

[Place2Be](#) offer some services to partner schools including one-to-one counselling services, CBT informed therapy and group work as well as information on their website. They are a fee paying service and their offer includes a multi-layered approach to mental health support.

[NSPCC](#) has a wide range of resources available to settings. They have produced an [understanding children's mental health and wellbeing page](#), [a mental health continuum information page](#), and [scaling techniques](#). They also offer [training on mental health safeguarding in education](#). They also publish [child mental health: learning from case reviews](#).

[Mental Health Foundation](#) has a range of information on their website related to a variety of mental health themes.

[Family Action](#) offer lots of support on various topics affecting families and have a helpline.

#### **PSHE documents**

[PSHE Association](#) offers lesson packs for KS1-KS5 covering a range of PSHE topics and includes resources for mental health.

[PSHE Association RSHE guidance 2025 – what you need to know.](#) This web page contains information and a short video to explain new 2025 guidance.

#### **Local websites**

[Kent Resilience Hub](#) This website provides information for young people, parents and carers, as well as staff and practitioners to understand emotional wellbeing and resilience. The website is Kent based and links to i-Thrive. There are range of resources and topics can be searched using the search function on the main page. Within the Kent Resilience Hub there is also a [school resilience toolkit](#).

[Emotional Wellbeing bulletins - Kent Resilience Hub](#) This is a direct link to the Kent Resilience Hub page which hosts information bulletins with information for wellbeing. The page has previous bulletins and a way to be able to sign up directly to receive bulletins.

[Emotional Wellbeing Workshops and Countrywide Learning Events – Kent Resilience Hubs](#) Children and Young People Emotional Wellbeing and Mental Health workshops across Kent for education settings and partner agencies.

[Kent County Council – Social Emotional and Mental Health \(SEMH\) Toolkit](#) – Available as on online tool and a downloadable version.

[Mental health support for children and young people - Kent County Council](#) KCC Mental health support for children and young people main page. Links to other pages including urgent mental health help, help for young people, help for parents / carers, and help for children and young people with SEND.

[Kent Adult Education | Family Learning](#) - Kent Adult Education – Family Learning. Free Family courses for parents, grandparents , carers and their children. The free courses are based on being subject to eligibility criteria.

[Mental Health & Wellbeing Resources | Kent Counselling for Schools](#) Provides a list of national and local mental health resources for students and staff.

[Emotional health and wellbeing and resilience – KCHFT](#) – This webpage hosts a free resilience toolkit aligned with Public Health England’s framework. It also has an education resource hub on a number of themes.

[Kent School Health referral form](#) This webpage is referrals to Kent School Health, it explains what they can help with and the process.

[Children and Young People’s Mental Health Services - KELS!](#) Provides information and contact details for Children and Young People’s Mental Health Services.

[Educational Psychology - KELS!](#) Kelsi webpage for KCC Educational Psychology which hosts information about the Kent Education Psychology Service,

Educational Psychology Contact information, Crisis Support Service and other specific local information and links.

[Wellbeing for schools YouTube page](#) This website hosts a range of videos and recordings from Kent network sessions with experts delivering information on a range of themes.

[KCC Kelsi webpage – Worried about a young person? Here’s what you can do.](#)

[Kent Resilience Hub- Get help now poster - Worried about a young person’s thoughts, feelings or behaviour?](#)

[Salus](#) is a social enterprise based in Kent that provides various evidence-based support services and training programmes for children, young people, and families. Salus Offers a range of support services including classroom based programmes, training for professionals and mentoring.

Salus also provides a [helpful links page](#).

Kent Police and The Kent and Medway Violence Reduction Partnership commissioned a product entitled, Pol-Ed, which is an educational resource bank aligned to both Policing Priorities and the RSE/PSHE syllabus. All schools and education providers within the county are able to access this platform for their PSHE lessons. Further information can be found here [A positive force in education | Pol-Ed - A positive force in education](#)

#### **Local websites for parents / carers**

[Kent Community Health NHS Foundation Trust \(KCHFT\) Supporting your child or teen’s emotional wellbeing](#) – A range of topics covered and information on each topic, with additional resources and advice.

#### **KSCMP website for resources and training**

[KSCMP Safeguarding in Education resources](#) KSCMP have produced some education specific resources including the Child-on Child Sexual Abuse Audit Tool and Support and Guidance for Kent Schools after the Suspected Suicide of a Pupil. There is also information on who to sign up to the KSCMP Education newsletter on this page too.

[KSCMP Multi-agency training](#) KSCMP courses are general multi-agency courses. View the KSCMP multi-agency training catalogue for information on the full range of delivered courses and e-learning courses.

[KSCMP factsheets on a wide range of topics.](#) Topics include adverse childhood experiences (ACEs), impact of parental mental health on children, online

safeguarding, supporting children's gender identity, young carer awareness.

[KSCMP supporting resources](#) KSCMP have a wide range of practice resources including the Five R approach to safeguarding, courageous and challenging conversation guidance and various training videos which include contextual safeguarding, trauma training and the Kent and Medway teenage suicide and self-harm conference videos.

KSCMP also has an [online safety webpage](#) with information about online safety and online abuse. It also has links to offer KSCMP webpages and resources including a page of [online safety resources for children](#), Kent and Medway responding to Nude and Semi-Nude Image Sharing Guidance and Kent and Medway Safer Professional Practice with Technology FAQ.

### **LADO Education Safeguarding Advisory Services (LESAS)**

The County Local Authority Designated Officer (LADO) service and Education Safeguarding Service merged in September 2024 following an evaluation of the two services. This decision aligns both services with the national 'Working Together to Safeguard Children' agenda and will result in increased capacity to provide LADO and education safeguarding support to Kent education settings and the wider children's workforce. They offer a range of services to education settings including supporting schools in times of crisis and targeted outreach work and subsidised support for education settings following critical safeguarding incidents.

[More information can be found on the KSCMP webpage.](#)

### **Equality Act / Protected Characteristics**

The Equality Act 2010 identifies nine protected characteristics: age, sexual orientation, disability, gender reassignment, marriage and civil partnership, pregnancy and maternity, race, and religion or belief. It is unlawful to discriminate against anyone on the basis of these characteristics.

As an educator, there is a legal responsibility to promote equality and to prevent and address discrimination related to these protected characteristics. The links below provide useful information, along with practical guidance on how to incorporate and address protected characteristics within educational settings.

[Covering the 9 Protected Characteristics in School.](#) Picture News (an educational current affairs resource for schools) has information and ideas on how to include the protected characteristics in schools.

Jigsaw PSHE have produced a [document to assist schools with how the Ofsted inspect the teaching of the protected characteristics in schools.](#)

Citizens Advice have a webpage to help [check if you have experienced discrimination under the Equality Act.](#) The tool helps to distinguish whether an incident/behaviour is a result of a child holding one or more of the 9 protected characteristics. The website also helps to provide advice.