**Mental Health and Wellbeing resources to support children returning to school**

*The Government have recognised the importance of looking after the mental health/wellbeing of children as they return to school in the coming weeks and months producing advice for parents* [Click Here](https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing/guidance-for-parents-and-carers-on-supporting-children-and-young-peoples-mental-health-and-wellbeing-during-the-coronavirus-covid-19-outbreak)

*Many charities who work in mental health have created resources that support this endeavour.*

The Anna Freud Centre has produced a guide entitled **‘Managing the Transition Back to School.’** It includes a series of helpful steps that schools can take to support children and young people during this time of uncertainty and potential anxiety:

* Keeping familiar routines
* Promotion of safe spaces for discussion
* Safe spaces for children and young people
* Trusted Adults to provide reassurance and assistance
* Identifying clear processes for children’s questions
* Continuing to work closely with families
* Understanding the needs of children and young people
* A whole school approach

To download the document [Click Here](https://www.annafreud.org/schools-and-colleges/resources/managing-the-transition-back-to-school/)

Another Useful guide entitles **‘Managing unexpected endings and transitions.’** can be downed by [Clicking Here](https://www.annafreud.org/media/11610/managing-unexpected-endings-transitions-may2020.pdf)

Place2Be has a resource based on themes to support children’s mental health on returning to school:

* Self-Efficacy
* Hope
* Gratitude
* Connectedness

To download the document [Click Here](https://www.place2be.org.uk/media/yesltwzt/primaryschoolresources.pdf)

Young Minds charity have a wide range of resources to support the mental health and well-being of young people. A helpful resource for staff on what to look out for when supporting the mental health and well-being of young people. To download the resource [Click Here](https://youngminds.org.uk/media/2915/what-to-look-out-for-in-your-pupils-smaller-size.pdf)

The Mental Health Foundation has useful advice on supporting the mental health and well-being of children returning to school: [Click Here](https://www.mentalhealth.org.uk/coronavirus/returning-school-after-lockdown)