



# FLORENCE MELLY COMMUNITY PRIMARY SCHOOL MENTAL HEALTH SUPPORT!

DETERMINATION. RESILIENCE. EMPOWERMENT. APPRECIATION. MOTIVATION & SAFETY  
'IF YOU CAN DREAM IT, YOU CAN DO IT!'



## Mental Health and Well-Being Support with Mr Doyle!

Help, Support and Advice with our Mental Health during these challenging times. We are always here for you!



This week our focus is on Anxiety which is: 'a feeling of worry, nervousness, or unease about something with an uncertain outcome'.

Below are a few resources which will help to reduce the worry these uncertain times bring.

### Have you given Headspace a try yet?

Managing Anxiety - <https://my.headspace.com/packs/2>



Help and advice for parents and children who may be feeling anxious at this time. It is a brilliant app and large sections are absolutely free! Please do check it out!

### Advice for our Staff, Parents and Carers from a Leading Charity

Check out this AMAZING resource on Self-Care. This is about the things we can do to look after our own mental health. This website is absolutely jam-packed full of brilliant self-care resources. It is well worth a visit!



**Anna Freud**  
National Centre for  
Children and Families

# YOUNGMINDS

<https://www.annafreud.org/on-my-mind/self-care/>

<https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/>

Feeling concerned or overwhelmed by the news is understandable, especially if you are struggling with your mental health or you have a physical illness. It might be that you're anxious about your own health, the health of someone in your family, or what impact the virus will have on your life. Check out the Young Minds website who have developed some steps you can take if you are feeling anxious:

Check out this guide to supporting the mental health and wellbeing of staff at schools and colleges during periods of disruption:

<https://www.annafreud.org/media/11242/looking-after-each-other-ourselves-final.pdf>

### Parents Helpline - 0808 802 5544

If you are a parent needing help, please contact the YoungMinds helpline.

For other ways to get in touch, please visit their website: <https://youngminds.org.uk>

