

Looking After Ourselves – where to look for support and ideas

YOUNGMINDS

Mental health charity supporting parents and children. Lots of information and some activity ideas to promote self-confidence and self-care. (Free, age range Primary-Young Adult)

<https://youngminds.org.uk/>

<https://youngminds.org.uk/find-help/looking-after-yourself/coronavirus-and-mental-health/>



Kooth is a web based confidential support service available to young people. Kooth provides a safe and secure means of accessing mental health and wellbeing support designed specifically for young people. (Free, ages 11+ to young adult)

<https://www.kooth.com/>

Or for more information

<https://socialsolihull.org.uk/localoffer> (scroll down for Kooth)



Focussed around 4 key areas; positivity, relaxation, concentration and creativity.

We'll send you monthly deliveries of unique activity cards that are designed to make practicing mindfulness easy and fun. (Subscription, age range Primary upwards)

<https://mindfulmonsters.co.uk/>

Supporting a child with Special Educational Needs or Disabilities (SEND)



Advice on supporting autistic children during the corona virus outbreak (for parents)

<https://www.autismeducationtrust.org.uk/coronavirus-and-helping-autistic-children-advice-from-educational-psychologists/>

<https://www.autismeducationtrust.org.uk/wp-content/uploads/2020/04/Covid-19-and-Autism.pdf>



Online events for further supporting autistic children at this time.

<https://www.autismwestmidlands.org.uk/events/>



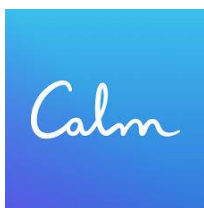
The Witherslack Group are a UK provider of schools and children's centres for children with SEND. All past Webinars can be accessed online.

<https://witherslackgroup.co.uk/webinars/>



Information on ADHD and resources for managing sleep, focus and behaviours.

<https://www.adhdfoundation.org.uk/information/parents/>



<https://www.calm.com/>

Mindfulness, meditation, yoga, sleep stories and music to support relaxation, focus and sleep. App and web access. (Subscription, free for teachers and school staff, content ages 5+ to adults)



<https://www.headspace.com/>

Mindfulness and meditation app (Subscription, content Primary age to adults)

Solihull Local Offer

For more information on professional support and specific SENDs.

<https://socialsolihull.org.uk/localoffer/>

Supporting children with Speech, Language and Communication Difficulties:

<https://socialsolihull.org.uk/localoffer/education/children-and-young-peoples-send-service/siss-2/the-speech-language-and-communication-disorder-team/parents/>

Educational Psychology

The Solihull Community Educational Psychology Service is currently offering a telephone service for families who feel they would benefit from further and more specific advice for children who are struggling at this time. Please see separate flyer.

JG May 2020

Hockley Heath Academy

