

## **Additional Information on COVID 19 and Mental Health support resources for children – taken from the Andrew Hall Safeguarding briefing 8<sup>th</sup> June 2020**

### **Survey Results: Impact of Covid-19 on children and young people's mental health survey (Young Minds)**

During April and early May, mental health charity Young Minds carried out a survey with 1,854 parents or carers recruited from social media and charity mailing lists. Forty per cent of the parents and carers who responded to the survey had children who received support for their mental health during the last three months.

Behaviours parents and carers had noticed in their children during lockdown included:

- Increased anxiety and depression
- Increased sense of loss and fear (e.g. about going out for exercise, or uncertainty about what would happen next)
- Increased mood swings or children becoming more emotional
- Children and young people finding it difficult to sleep or having nightmares

Some of the main concerns parents and carers had were:

- Effect on their immediate mental health and recovery from existing mental health conditions, or long-term impact on their mental health
- Transitioning back into 'normality'
- Impact of social isolation and not seeing friends
- Impact on physical health
- Access to services during and after the lockdown

Continuing support

- 63% said their child was receiving the same level of support in a different way (e.g. remotely) or reduced support
- 25% said their child was no longer able to access mental health support, but still needed it.

When asked what had been most helpful for their child's mental health during the COVID-19 crisis, respondents top three answers were:

- Listening to or playing music
- Watching TV/films
- Exercise

Whilst 55% of respondents felt that watching the news was unhelpful in helping children cope.

Although some respondents indicated they had good communication with their school, many felt that they lacked enough contact on an individual basis or wanted more clarity around the school work that their children were being asked to complete.

Respondents said they wanted:

- Better communication with the school - e.g. a weekly call with parents or regular check-ins with their children
- Clarity around expectations in regard to school work, and less pressure from the school in regard to completing work
- Mental health advice from school
- Access to computers for their children, or better internet connection
- Advice on transitions back into school
- Adding arts and wellbeing to their school curriculum

You can read the full report here:

<https://youngminds.org.uk/media/3774/youngminds-survey-with-parents-and-carers-summary-of-results.pdf>

### **Return to School resources (Place2Be)**

Place2Be has put together a series of resources focused on community recovery, to help headteachers and School staff beginning to bring their Schools back together.

Drawing on themes including hope, gratitude and connectedness, these assembly and class activity ideas are intended as a universal resource for all children, and staff are invited to use them as starting points to promote emotional wellbeing and resilience for all.

Download the Primary Resources here:

<https://www.place2be.org.uk/media/yesltwzt/primaryschoolresources.pdf>

**Coronavirus Covid-19 information and support materials for young people, parents and schools in their mental and emotional health resource ‘vault’ including:**

- Anxiety
- Depression and Mood
- Loneliness
- Obsessive compulsive disorder
- Phobias
- Self-care
- Emotional Resilience
- Mental Resilience

The resources can be found here:

<https://www.childrenssociety.org.uk/coronavirus-information-and-support>

**Free teaching toolkit to support children’s health and wellbeing (Coram Life Education)**

Coram Life Education has launched a free online toolkit for Primary School teachers, supporting pupil’s mental health as they adjust to a new School environment post-lockdown.

The toolkit is designed to build children’s resilience, self-esteem and kindness and includes practical resources. There are also adaptations for parents and carers of children who are learning at home. The toolkit is suitable for children in early years, Key Stage 1 and Key Stage 2.

The toolkit features:

- Teacher guidance and support including how to develop a safe space for children to discuss their worries about Covid-19, and how to respond to those concerns.
- Lesson plans and assembly resources including activities, films, games, songs and stories, adaptable for smaller class sizes and to be used outdoors, building understanding of the situation, for example, ‘why our classroom has changed’ and ‘how to keep each other safe’

You can find the toolkit here: <https://www.coramlifeeducation.org.uk/back-to-school-with-scarf>