



# 7 VALUABLE GUIDES FROM THE ANNA FREUD NATIONAL CENTRE



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**MENTALLY HEALTHY SCHOOLS** Anna Freud National Centre for Children and Families

Getting started | Resource Library | Risks and protective factors | Mental health needs | Whole-school approach

**CORONAVIRUS AND MENTAL HEALTH**

Mentally Healthy Schools brings together quality-assured resources to help primary schools promote children's mental health and wellbeing. To support school staff and parents during these uncertain times we are producing fortnightly, curated toolkits. Keep healthy. Stay safe.

[DOWNLOAD THE TOOLKITS](#) [LOGIN/REGISTER](#)

ACCESS AN EXTENSIVE RANGE OF MENTAL HEALTH AND WELLBEING RESOURCES INCLUDING THEIR LATEST COVID-19 TOOLKITS VIA THIS DEDICATED AND WELL CURATED WEBSITE

EXPERT ADVICE FOR STAFF TO SUPPORT PUPILS AND EACH OTHER

FREE BOOKLETS PROVIDING ADVICE AND GUIDANCE FOR STAFF ABOUT HOW TO HELP CHILDREN AND YOUNG PEOPLE MANAGE THEIR MENTAL HEALTH AND WELLBEING DURING TIMES OF DISRUPTION TO THEIR LEARNING

**Supporting schools & colleges**

A guide to supporting the mental health and wellbeing of pupils and students during periods of disruption

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**Looking after each other & ourselves**

A guide to supporting the mental health and wellbeing of staff at schools and colleges during periods of disruption

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**Supporting the most vulnerable children and young people**

A guide to supporting vulnerable pupils and students during periods of disruption

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**Helping children and young people to manage anxiety**

A practical guide to supporting pupils and students during periods of disruption

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**7 ways to support children and young people who are worried**

Clinicians at the Anna Freud Centre have developed seven ways that we consider to be best practice in responding to children and young people's fears.

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**Coping with unexpected endings and loss**

This document is aimed at teaching staff to share with parents and carers.

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