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Overview

At St Faith's we aim to promote positive mental health and wellbeing for our whole school community; pupils, staff and parents. We appreciate how important mental health and emotional wellbeing is to our lives in just the same way as physical health.

We recognise that children's mental health is a crucial factor in their overall wellbeing and can affect their learning and achievement. Persistent mental health problems may lead to pupils having significantly greater difficulty than their peers.

The Department for Education (DfE) recognises that "in order to help their pupils succeed, schools have a role to play in supporting them to be resilient and mentally healthy".

Our role at St Faith's is to ensure that pupils are able to manage times of change and stress, be resilient, are supported to reach their potential and access help when they need it. We also have a role in ensuring that pupils learn about what they can do to maintain positive mental health, what affects their mental health and where they can go if they need help and support.

Through PSHE lessons, tutor sessions and enrichment days we enable pupils to gain a higher degree of self-awareness and resilience.

Our school is committed to prioritising pupil mental health and wellbeing through excellent pastoral care, and education of pupils, staff, and parents. We work to create a stigma-free environment around mental health and a school community where we support one another, and everyone feels they belong.

Related School policies

This policy is to be considered alongside other relevant policies and documents, which are accessible to parents on the school's [website](#) or can be provided upon request.

- Anti-Bullying Policy
- First Aid Policy
- Mobile Phone and Other Smart Devices Policy
- Pastoral, Behaviour and Discipline Policy
- RSE and Health Education Policy
- Safeguarding and Child Protection Policy
- Special Educational Needs and Disability Policy

Definition of Mental Health and Wellbeing

At St Faith's, we use the World Health Organisation's definition of mental health and wellbeing:

"Mental health is a state of wellbeing in which an individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and is able to make a contribution to his or her community."

Mental health and wellbeing are not just the absence of mental health problems. We want all children to:

- feel confident in themselves
- be empowered and enabled to lead a fulfilling life and to contribute positively to society
- be able to make and maintain positive relationships
- cope with the stresses of everyday life
- manage times of stress and be able to deal with change
- learn and achieve

Roles and responsibilities

At St Faith's we believe that all staff have a responsibility to promote positive mental health, have the skills to look out for any early warning signs of mental health problems and ensure that pupils with mental health needs are identified early and receive the necessary support.

Staff are aware of possible risk factors which may make some children more vulnerable to mental health and wellbeing difficulties. These can include: a physical long-term illness, a parent with mental health difficulties, death of a family member or friend, a family breakdown and bullying. The staff also understand the factors that protect children from adversity, such as self-esteem, resilience and a sense of belonging.

We recognise that many behaviours and emotional problems can be supported within the school environment, or with advice from external professionals.

Some children will need more intensive support at times, and there are a range of mental health professionals and organisations that provide support to children with mental health needs and their families.

Whilst all staff have a responsibility to promote and protect the mental health and wellbeing of the pupils in our school community, staff with a specific responsibility include:

Mr M Critchley	Director of Pastoral Care
Mr J Davenport	Deputy Head, Designated Safeguarding Lead (DSL)
Mrs L Wakefield	Head of Pre Prep, Deputy Designated Safeguarding Lead (DDSL)
Miss K Gamble	Year 7 Tutor, Deputy Designated Safeguarding Lead (DDSL)
Mrs C Hendry	Deputy Head of Pre Prep, Deputy Designated Safeguarding Lead (DDSL)
Mrs S Pritchard	Head of Science, Deputy Designated Safeguarding Lead (DDSL)
Mrs J Walker	Head of Junior Faculty, Deputy Designated safeguarding Lead (DDSL)
Mrs L North	Head of Year 5
Mrs S Hames	Head of Year 6
Mrs N Critchley	Head of Year 7
Miss E Kennerley	Head of Year 8/Mental Health Youth First Aid Instructor
Mrs S Buchanan	Head of Learning Support
Mrs S Parker	Head of PSHCE
Mrs A Haynes	School Counsellor
Mrs R Petkov	Lead Nurse
Mr C Fairey	School Governor with responsibility for pupil wellbeing

Prevention

At St Faith's, the staff play a key role in promoting and supporting pupils' positive mental health and helping to prevent mental health problems. Our school has developed a range of strategies and approaches which include;

- Implementing effective pastoral systems. Every pupil in the school is assigned a form group. The Tutor forms a close working relationship with their tutees so that they are best placed to identify any potential issues. They are supported in their work by the Head of Junior Faculty and Heads of Year (5-8), Head of Pre Prep (Foundation to Year 2) and Director of Pastoral Care (Years 3-8)
- Encouraging pupils to talk to any member of staff with whom they feel comfortable
- Teaching mental health and wellbeing topics within the PSHCE curriculum and on enrichment days.
- Teaching online safety topics as part of the Computing and PSHCE syllabi. Topics covered include social networking, staying safe on the internet and cyber bullying.
- Celebrating the successes of all pupils and creating a culture where pupils are proud of their own achievements and encouraging and sensitive towards their peers.
- Encouraging pupils to bounce back from disappointments and show emotional resilience. The importance of resilience is often emphasised within tutor times and assemblies.
- Aiming to produce a safe and secure environment where all can learn or work without anxiety.
- Discussing the damaging consequences and unacceptability of bullying in PSHCE lessons, assemblies and tutor group sessions throughout the school.
- Ensuring that only pupils on the "Unaccompanied Journey and Mobile Phone Register" are allowed to bring a mobile phone into school and phones and other smart devices are kept in a secure locker and cannot be used on the school site.
- Following the "Girls on Board" programme for girls in Years 4-8 which empowers girls to navigate and resolve their own friendship difficulties.
- Following the "Working with Boys" programme for boys in Years 5-8 which aims to create a culture of mutual respect in school.
- Providing small group sessions with the School Counsellor, Head of Learning Support or Heads of Year for identified pupils, including those who may have suffered a recent bereavement.
- Taking part in transition meetings with senior schools to ensure that they are made aware of key information about pupils with mental health difficulties.

- Receiving information from previous schools at the point of transfer.
- Displaying posters around the school which give information about where pupils can go for help and support.
- Providing pupils with a sense of purpose. This includes pupils taking part in charitable activities, acting as classroom monitors in the Pre Prep, playground committee members in Years 3 and 4, Eco or School Council Committee members from Year 5 and prefects, buddies and peer mentors in Year 8.
- Providing mental health and wellbeing articles for parents in the Headmaster's Weekly Newsletter.
- Recognising and celebrating various national days and weeks focusing on mental health and wellbeing
- Promoting the importance of exercise and nutrition in positive mental health
- Providing a range of talks and training for pupils throughout the year on topics such as mental health and wellbeing, first aid, online safety and gender inequality.
- Training of staff at INSET from external agencies and St Faith's staff.
- Ensuring that senior leaders and governors promote the wellbeing and mental health culture of the school.

Early identification

At St Faith's, we aim to identify children with mental health needs as early as possible and provide a prompt response. We do this in different ways which include:

- Enabling pupil voice to be heard through our online reporting system 'MyVoice'
- Identifying pupils who may require support within our Weekly individual Concerns Meeting. The online meeting is for teaching staff in Years 3 to 8. Pupils with mental health and wellbeing problems can be picked up at an early stage and appropriate monitoring, intervention or support can then be provided.
- Providing a register of pupils for staff following the meeting which highlights concerns and action points.
- Passing on mental health and wellbeing concerns to the DSL and DDSs via the school staff's online safeguarding reporting system, MyConcern.
- Providing weekly counselling sessions with our School Counsellor for identified pupils.
- Providing weekly sessions with a Play Therapist for identified pupils.
- Identifying and monitoring pupils in need of additional support from the bi-annual wellbeing survey (Cambridge Wellbeing Check). The survey highlights emotionally vulnerable pupils and those with possible mental health issues.
- Working closely with parents, families and carers where problems are identified.
- Where appropriate, referrals will be made, and targeted support put in place.

Mental health disorders and warning signs

Short term stress and worry is a normal part of life, and many issues can be experienced as mild or transitory challenges for some children. When a problem is particularly severe or persistent over time however, children are often described as experiencing mental health problems.

At St Faith's, we are aware that certain characteristics put some pupils at greater risk of developing mental health difficulties than others. These risks can relate to factors within the child, their family, community or life events. Protective factors then decrease the likelihood of these risk factors leading to mental health difficulties. The risk factors are listed in the table in Appendix 1.

Where children experience a range of emotional and behavioural problems that are outside the normal range for their age, they might be described as experiencing mental health problems or disorders. Mental health professionals have classified these as:

- emotional disorders, for example phobias, anxiety states and depression;
- conduct disorders, for example stealing, defiance, fire-setting, aggression and anti-social behaviour;
- hyperkinetic disorders, for example disturbance of activity and attention;
- developmental disorders, for example delay in acquiring certain skills such as speech, social ability or bladder control, primarily affecting children with autism and those with pervasive developmental disorders
- attachment disorders, for example children who are markedly distressed or socially impaired as a result of an extremely abnormal pattern of attachment to parents or major care givers;
- trauma disorders, such as post-traumatic stress disorder, as a result of traumatic experiences or persistent periods of abuse and neglect
- other mental health problems including eating disorders, habit disorders, somatic disorders; and psychotic disorders such as schizophrenia and bipolar disorder.

Negative experiences and distressing life events can affect mental health in a way that can bring about changes in a young person's behaviour or emotional state, displayed in a range of different ways, all of which can be an indication of an underlying problem. These signs might include:

- non-verbal behaviour
- isolation from friends and family and becoming socially withdrawn
- changes in activity or mood or eating/sleeping habits
- lowering of academic achievement
- talking or joking about self-harm or suicide
- expressing feelings of failure, uselessness or loss of hope
- an increase in lateness or absenteeism
- not wanting to do PE or get changed for PE
- drug or alcohol misuse
- physical signs of harm that are repeated or appear non-accidental
- wearing long sleeves in hot weather
- repeated physical pain or nausea with no evident cause

Staff action following identification of concerns

Where there are concerns of this nature, the school will consider whether there are any underlying factors such as undiagnosed learning difficulties, difficulties with speech and language, child protection concerns, or mental health problems.

We have systems and processes in place to ensure early identification and intervention. We aim to identify mental health difficulties in our pupils as early as possible in order to prevent the difficulty from worsening. We do this in the following ways:

- Concerns or comments are flagged up by staff at our Weekly Individual Concerns Meeting (WICM)
- The DSL and DDSs are alerted to all mental health and wellbeing entries which are made in MyConcern. These are reviewed promptly, and any follow up action taken or that needs to be taken is logged.
- Through discussion with parents
- Through discussion with other professionals – including external agencies

When a concern is raised we will:

- Discuss with parents where appropriate (unless safeguarding issues preclude this)
- Agree an action plan
- Signpost parents to other sources of support
- Record all meetings and referrals on MyConcern.
- Support parents with making any necessary referrals or make referrals as a school
- Liaise with other agencies as appropriate

If there is a concern that a pupil is in immediate danger, our safeguarding procedures should be followed.

Mental health and special educational needs and disabilities

Having an SEN diagnosis means that a pupil is more likely to have poor mental health.

The Head of Learning Support will ensure that all staff understand their responsibilities to children with SEND. This includes pupils whose persistent mental health difficulties mean they need special educational provision. Specifically, the Head of Learning Support will ensure colleagues understand how the school identifies and meets pupils' needs, provide advice and support to colleagues as needed and liaise with external SEND professionals as necessary.

Working with Specialist Services

In some case a pupil's social emotional mental health needs require support from the School Counsellor, Play Therapist or a specialist service. Support may be required for anxiety, depression, school refusal and other complex needs.

We have links with a range of specialist services including the EHWS (Emotional Health and Wellbeing Service) the school paediatrician, CAMHS and Ormiston Families and have regular contact with the services to review the support and consider next steps.

Encouraging pupils to talk

In recent years, several pupils who have suffered the bereavement of a close family member or friend have received counselling from Ormiston Families - Stars. This is a bereavement support service for young people in Cambridgeshire.

A play therapist attends St Faith's each week to provide emotional support for selected pupils.

The school nurses work closely with the pastoral staff to support the welfare of the children. The nurses meet regularly with the Director of Pastoral Care and other staff, and they are kept informed of any pastoral concerns.

Mr M Critchley
Director of Pastoral Care

Appendix 1 - Protective Risk Factors

(From Mental health and behaviour in schools DfE November 2018)

	Risk Factors	Protective Factors
In the Child	• Genetic influences • Low IQ and learning disabilities • Specific development delay or neurodiversity • Communication difficulties • Difficult temperament • Physical illness • Academic failure • Low self-esteem	• Secure attachment experience • Outgoing temperament as an infant • Good communication skills, sociability • Being a planner and having a belief in control • Humour • A positive attitude • Experiences of success and achievement • Faith or spirituality • Capacity to reflect
In the Family	• Overt parental conflict including domestic violence • Family breakdown (including where children are taken into care or adopted) • Inconsistent or unclear discipline • Hostile and rejecting relationships • Failure to adapt to a child's changing needs • Physical, sexual, emotional abuse, or neglect • Parental psychiatric illness • Parental criminality, alcoholism or personality disorder • Death and loss – including loss of friendship	• At least one good parent-child relationship (or one supportive adult) • Affection • Clear, consistent discipline • Support for education • Supportive long-term relationship or the absence of severe discord
In the School	• Bullying including online (cyber) • Discrimination • Breakdown in or lack of positive friendships • Deviant peer influences • Peer pressure • Peer on peer abuse • Poor pupil to teacher/school staff relationships	• Clear policies on behaviour and bullying • Staff behaviour policy (also known as code of conduct) • 'Open door' policy for children to raise problems • A whole-school approach to promoting good mental health • Good pupil to teacher/school staff relationships • Positive classroom management • A sense of belonging • Positive peer influences • Positive friendships • Effective safeguarding and Child Protection policies. • An effective early help process • Understand their role in and be part of effective multi-agency working • Appropriate procedures to ensure Staff are confident to raise concerns

	Risk Factors	Protective Factors
		about policies and processes, and know they will be dealt with fairly and effectively
In the Community	• Socio-economic disadvantage • Homelessness • Disaster, accidents, war or other overwhelming events • Discrimination • Exploitation, including by criminal gangs and organised crime groups, trafficking, online abuse, sexual exploitation and the influences of extremism leading to radicalisation • Other significant life events	• Wider supportive network • Good housing • High standard of living • High morale school with positive policies for behaviour, attitudes and anti-bullying • Opportunities for valued social roles • Range of sport/leisure activities

Appendix 2 – Sources of Support and Information

For sources of support and information see the link below to the DfE document ‘Mental Health and Behaviour in Schools’ 2018 – pages 28 to 33.

[Mental health and behaviour in schools \(publishing.service.gov.uk\)](https://publishing.service.gov.uk)

For additional information on specific mental health needs go to the following websites:

Mental Health Need	Resources / Websites
ADHD	ADHD UK , ADDISS
Anxiety	Anxiety UK
Bereavement	Ormiston Families Stars , Winston's Wish
Depression	Mind
Eating Disorders	Beat Eating Disorders
OCD	OCD UK
Self-Harm	National Self Harm Network , Selfharm UK
Suicidal Thoughts	PAPYRUS

For general information and support

www.youngminds.org.uk - champions young people’s mental health and wellbeing

www.mind.org.uk - advice and support on mental health problems

www.minded.org.uk e-learning)

www.time-to-change.org.uk - tackles the stigma of mental health

www.rethink.org - challenges attitudes towards mental health

[Guide to CAMHS | Mental Health Services | YoungMinds](#) - Guide to accessing support through CAMHS

www.cambridgeshire.gov.uk/residents/children-and-families/parenting-and-family-support/providing-children-and-family-services-how-we-work/ - link to early help assessment (EHA)

<http://www.childline.org.uk/get-support/1-2-1-counsellor-chat/> - Chat with a counsellor

Appendix 3 – Directory of mental health and wellbeing resources

ADHD

Name	Titles	Age group
Smart but Scattered – junior addition	Smart but Scattered, First Edition: The Revolutionary "Executive Skills" Approach to Helping Kids Reach Their Potential: Amazon.co.uk: Dawson, Peg, Guare, Richard: 8601200652819: Books	Parents
Smart But Scattered – teens addition	Smart but Scattered Teens: The "Executive Skills" Program for Helping Teens Reach Their Potential eBook : Guare, Richard, Dawson, Peg, Guare, Colin: Amazon.co.uk: Books	Parents
ADHD is our super power	ADHD Is Our Superpower: The Amazing Talents and Skills of Children with ADHD: Amazon.co.uk: Lazarus, Soli, Camargo, Adriana: 9781787757301: Books	7 – 10 years
All Dogs have ADHD	All Dogs Have ADHD: Amazon.co.uk: Hoopmann, Kathy: 9781787756601: Books	8 – 12 years
The Survival Guide for Kids	The Survival Guide for Kids with ADHD (Survival Guides for Kids): Amazon.co.uk: John F Taylor: 8601420000360: Books	7 - 12
Living with ADHD – FOR KIDS	By Jeanne Kraus Cory Stories: A Kid's Book About Living with ADHD: Amazon.co.uk: Jeanne Kraus: 8601406208568: Books	7 - 10
My brain is a race car	My Brain is a Race Car: A children's guide to a neuro-divergent brain: Amazon.co.uk: Harris, Nell: 9798370625787: Books	4 - 9
A Dragon with ADHD	A Dragon With ADHD: A Children's Story About ADHD. A Cute Book to Help Kids Get Organized, Focus, and Succeed.: 41 (My Dragon Books): Amazon.co.uk: Herman, Steve: 9781649160959: Books	4 - 10
Website	ADHD UK - Homepage - ADHD UK	
Website	ADDISS	
ADHD Foundation work book	ADHD Workbook Draft Spread (adhdfoundation.org.uk)	7 - 12
ADHD work book	Thriving with ADHD Workbook for Kids: 60 Fun Activities to Help Children Self-Regulate, Focus, and Succeed (Health and Wellness Workbooks for Kids) : Miller, Kelli: Amazon.co.uk: Books	7- 12
ADHD at work	ADHD Works At Work eBook : Maskell, Leanne: Amazon.co.uk: Kindle Store	Adults

Adoption and Fostering

Title	link	Age group
No Matter What: A Foster Care Tale	No Matter What: A Foster Care Tale eBook : Shipp, Josh, Tieche, David, Pankratova, Yuliya: Amazon.co.uk: Kindle Store	3 – 10
Zachary's New Home: Story for Foster and Adopted Children	Zachary's New Home: Story for Foster and Adopted Children : Blomquist, Geraldine M., Blomquist, Paul B., Lemieux, Margo: Amazon.co.uk: Books	3 - 10

Title	link	Age group
Help a Hamster	Help A Hamster: SMSC PSHE Resource. A Gentle Introduction To Adoption (Copper Tree): Copper Tree Class Help a Hamster: Amazon.co.uk: Hilary Robinson, Mandy Stanley: 9780957124523: Books	3 - 8
Chester and Daisy move on	Chester and Daisy move on: Amazon.co.uk: Angela Lidster, Rachel Fuller: 9781907585494: Books	4+
The Blanket Bears by Samuel Langley-Swain	The Blanket Bears by Samuel Langley-Swain - Google Search	4+
I Don't Have Your Eyes by Carrie A. Kitze	I Don't Have Your Eyes : Kitze, Carrie A.: Amazon.co.uk: Books	4+
The most precious present	The Most Precious Present in the World: Amazon.co.uk: Becky Edwards, Louise Comfort: 9781905664733: Books	4+
Am I supposed to feel this way?	Am I supposed to feel this way?: A seven-year-old birth child's experience of adoption: Amazon.co.uk: Archer, Elizabeth, Cuccineillo, Martine: 9781912056293: Books	

Anger and tantrums

Name	Titles	Age group
Me and My Feelings	Me and My Feelings: A Kids' Guide to Understanding and Expressing Themselves: Amazon.co.uk: Vanessa Green Allen, NBCT Ed.: 9781641524964: Books	7 - 12
Understanding emotions	My Feelings and Me: A Child's Guide to Understanding Emotions: Amazon.co.uk: O'Neill, Poppy: 9781800073388: Books	7 - 10
Anger work book	A Volcano in My Tummy: Helping Children to Handle Anger: A Resource Book for Parents, Caregivers and Teachers: Amazon.co.uk: Whitehouse, Pudney: 9780865713499: Books	5 - 12
Angry Monsters	Angry Monsters: A Child's Guide to Coping With Their Feelings : Publishers, Summersdale: Amazon.co.uk: Books	4 - 7
My Way to Keep Anger Away	My Way to Keep Anger Away: Children's Book about Anger Management and Kids Big Emotions (Preschool Feelings Book) (My way: Social Emotional Books for Kids): Amazon.co.uk: Cole, Elizabeth: 9798476163794: Books	7 - 13
I am stronger than anger	I Am Stronger Than Anger: Picture Book About Anger Management And Dealing With Kids Emotions And Feelings (Preschool Feelings Book, Self-Regulation Skills) (World of Kids Emotions) : Cole, Elizabeth: Amazon.co.uk: Books	4- 13
When I feel angry	When I Feel Angry: A Child's Guide to Understanding and Managing Moods: Amazon.co.uk: O'Neill, Poppy: 9781800076907: Books	7 - 11
Anger work book	The Anger Workbook for Kids: DBT Skills to Help Children Manage Emotions, Reduce Conflict, and Find Calm : Kress, Christina: Amazon.co.uk: Books	
Anger management workbook	Anger Management Skills Workbook for Kids: 40 Awesome Activities to Help Children Calm Down, Cope,	

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Responsibility:

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This is a whole school policy including EYFS

Director of Pastoral Care

Name	Titles	Age group
	and Regain Control : Amanda Robinson: Amazon.co.uk: Books	

Anti – racism and Diversity

Name	Titles	Age group
The Proudest Blue	The Proudest Blue: A Story of Hijab and Family : Muhammad, Ibtihaj, Ali, S. K., Aly, Hatem: Amazon.co.uk: Books	4 - 9
Standing up to racism	Standing Up to Racism: A lift-the-flap board book about standing together: Amazon.co.uk: Agarwal, Dr Pragya, Forshaw, Louise: 9781526383297: Books	4 - 9
It's OK to be different	It's OK to be Different: A Children's Picture Book About Diversity and Kindness: Amazon.co.uk: Purtill, Sharon, Saha, Sujata: 9780973410457: Books	4- 12
We all belong	We All Belong: A Children's Book About Diversity, Race and Empathy : Goss, Nathalie, Goss, Alex, Castle, Goss: Amazon.co.uk: Books	4 - 12
Skin	Skin: A First Conversation About Race (First Conversations): Amazon.co.uk: Madison, Megan, Ralli, Jessica, Roxas;Isabel, Roxas;Isabel: 9780593382639: Books	2 - 5
Black Lives Matter for Kids	Black Lives Matter For Kids: A Kids Book about Anti Racism and Diversity: Amazon.co.uk: James, Andrea: 9798668320431: Books	4- 7
Questions and answers about racism	Lift-the-flap Questions and Answers about Racism (Questions & Answers): Amazon.co.uk: Jordan Akpojar, Vici Leyhane: 9781474995825: Books	4 -9
What is racism?	What is racism? (Lift-the-Flap First Questions & Answers): 1 (First Questions and Answers): Amazon.co.uk: Katie Daynes, Jordan Akpojar, Sandhya Prabhat, Sandhya Prabhat: 9781474995795: Books	4- 9
My Skin your skin	My Skin, Your Skin: Let's talk about race, racism and empowerment : Henry-Allain MBE, Laura, Iwu, Onyinye: Amazon.co.uk: Books	2 -7
I am whole	I Am Whole: A Multi-Racial Children's Book Celebrating Diversity, Language, Race and Culture : Oz, Shola: Amazon.co.uk: Books	2 – 7
And Tango Makes three	Little Parachutes • children's picture book review • And Tango Makes Three • Justin Richardson and Henry Cole	2- 7

Anxiety

Tile	Link	Age group
Huge bag of worries	The Huge Bag of Worries: Amazon.co.uk: Ironside, Virginia, Rodgers, Frank: 9780340903179: Books	3 - 10
Don't worry be Happy	Don't Worry, Be Happy: A Child's Guide to Dealing With Feeling Anxious: Amazon.co.uk: O'Neill, Poppy: 9781786852366: Books	4 - 12
The Worry saurus	Little Parachutes • children's picture book review • The Worrysaurus • Rachel Bright	4 - 9
Jabari Jumps	Little Parachutes • children's picture book review • Jabari Jumps • Gaia Cornwall	

Tile	Link	Age group
A collection of titles	10 Best Children's Books to Help Kids with Anxiety – Educate2Empower Publishing (e2epublishing.info)	4 - 11
No Worries	No Worries! Mindful Kids: An activity book for children who sometimes feel anxious or stressed: Amazon.co.uk: Murray, Lily, Abey, Katie, Coombes, Dr. Sharie: 9781787410879: Books	7 - 11
What to do when you dread your bed	What to Do When You Dread Your Bed: A Kid's Guide to Overcoming Problems With Sleep (What-to-Do Guides for Kids Series) eBook : Huebner, Dawn, Matthews, Bonnie: Amazon.co.uk: Kindle Store	7 – 10
When Kids are Grieving	When Kids Are Grieving: Addressing Grief and Loss in School : Burns, Donna M.: Amazon.co.uk: Books	
No Matter What	Little Parachutes • children's picture book review • No Matter What • Debi Gliori	3 - 8
Information	Anxiety Disorders (for Parents) Nemours KidsHealth	Parents
Information	Young people's resources - Mental Health UK (mentalhealth-uk.org) Supporting A Child With Anxiety Tips and Advice YoungMinds	Young people and parents
Work book	Your Resilience - Having discussions with young people A4 guide.indd (mhukcdn.s3.eu-west-2.amazonaws.com)	Young people and parents
The Happiest Kid	Little Parachutes • children's picture book review • The Happiest Kid • Sarah Bagley Steele	3 - 9
What to do when you worry too much.	What to Do When You Worry Too Much: A Kid's Guide to Overcoming Anxiety (What-to-Do Guides for Kids Series): Amazon.co.uk: Huebner PhD, Dawn, Matthews, Bonnie: 8601400823972: Books	7 - 10

Bereavement

Tile	Link	Age group
The Memory Tree	The Memory Tree : Teckentrup, Britta: Amazon.co.uk: Books	3 - 10
Sad	Michael Rosen's Sad Book : Rosen, Michael, Blake, Quentin: Amazon.co.uk: Books	4 - 12
Water Bugs and Dragon flies	[(Water Bugs and Dragonflies : Explaining Death to Young Children)] [By (author) Doris Stickney] published on (June, 2009): Amazon.co.uk: Doris Stickney: Books	4 - 10
Badgers Parting Gift	Amazon.co.uk : badgers parting gift	
Lost in the Clouds	Lost in the Clouds: A gentle story to help children understand death and grief (Difficult Conversations) : DK, Tinn-Disbury, Tom: Amazon.co.uk: Books	4 - 9
I can't believe they are gone	I Can't Believe They're Gone: A kid's grief book that hugs, helps, and gives hope : Brough, Karen, Kariyawasam, Hiruni: Amazon.co.uk: Books	4 - 18
The invisible string	The Invisible String: 1 : Karst, Patrice, Lew-Vriethoff, Joanne: Amazon.co.uk: Books	4- 12

Title	Link	Age group
Feeling all my grief	Feeling All My Grief: A secular grief book for young children (about death, loss, and healing) (Feeling All My Feelings) : T. S., Kim: Amazon.co.uk: Books	3- 8
Grandad	Grandad: A story to help children cope positively with bereavement : Hewitt, Sarah: Amazon.co.uk: Books	3 - 12
My Grandad is a star	My Grandad Is A Star : Thatcher, Lucy, Ayinikatt, Anand: Amazon.co.uk: Books	0 - 5
Missing Mummy	Missing Mummy: A Book About Bereavement : Cobb, Rebecca: Amazon.co.uk: Books	3 - 8
The Burst balloon	The Burst Balloon: Helping Children Understand Grief and Loss : Jones, Cher Louise, Dixon, Lee: Amazon.co.uk: Books	3 - 9
You will be okay	You Will Be Okay: Find Strength, Stay Hopeful and Get to Grips With Grief: Amazon.co.uk: Stokes, Julie: 9781526363893: Books	9 - 14
Grief work book	WHEN SOMEONE VERY SPECIAL DIES: Children Can Learn to Cope with Grief (Drawing Out Feelings): Amazon.co.uk: HEEGAARD, MARGE: 9780962050206: Books	
Grief journal	Grief Journal for Kids: Guided Prompts for Processing Grief & Finding Emotional Healing: Amazon.co.uk: Lovgren, Hope: 9798353966661: Books	
Grief journal for families	The Memory Book: A Grief Journal for Families (Memory Box): A Grief Journal for Children and Families: Amazon.co.uk: Joanna Rowland, Thea Baker (illustrator): 9781506457819: Books	
Grieving after the loss of a pet.	The Invisible Leash: A Story Celebrating Love After the Loss of a Pet: 3 (The Invisible String) : Karst, Patrice, LewVriethoff, Joanne, Lew-Vriethoff, Joanne: Amazon.co.uk: Books	
Pet memory book	My Pet Memory Book: To Help A Child Through The Loss Of Their Pet: Amazon.co.uk: Wallace, S, Publishing, Pinfold: 9781793164995: Books	
The River	Little Parachutes • children's picture book review • The River • Tom Percival	3 - 10
Mum's Jumper	Little Parachutes • children's picture book review • Mum's Jumper • Jayde Perkin	3 - 10
Collection of books / activity books across the ages range – Winston's Wish	Books – Winston's Wish (winstonswish.org)	
Collection of books for teenagers	Grief and Loss (teen) BookTrust	
Bereavement through suicide	Beyond the Rough Rock - Supporting a child bereaved by suicide – Winston's Wish (winstonswish.org)	
Bereavement through suicide	Beyond the Rough Rock - Supporting a child bereaved by suicide – Winston's Wish (winstonswish.org)	
Web support services	Home - Cruse Bereavement Support Child Bereavement UK Support and self-care for grief - Mind	

Title	Link	Age group
	https://www.careforthefamily.org.uk/family-life/bereavement-support/supporting-bereaved-people/care-for-the-family-bereavement	

Body image and consent

	Title	Age
ABC of Body safety	ABC of Body Safety and Consent: teach children about body safety, consent, safe/unsafe touch, private parts, body boundaries & respect : Sanders, Jayneen, Dawson, Courtney: Amazon.co.uk: Books	4- 10
Collection of books about empowering children	Empowerment VALUE BUNDLE – Educate2Empower Publishing (e2epublishing.info)	3 - 12
Protection and safety	Little Parachutes • children's picture books about	3 – 10
Rosie Rudey and the Enormous Chocolate Mountain	Rosie Rudey and the Enormous Chocolate Mountain: A story about hunger, overeating and using food for comfort (Therapeutic Parenting Books) : Sarah Naish and Rosie Jefferies: Amazon.co.uk: Books	4 - 10
Smaller Sister	Smaller Sister : Willis, Maggie Edkins, Willis, Maggie Edkins: Amazon.co.uk: Books	8 - 12
Minnie and Max are Ok	Minnie and Max are OK!: A Story to Help Children Develop a Positive Body Image : Chris Calland and Nicky Hutchinson: Amazon.co.uk: Books	3 - 7
Good Enough	Good Enough : Jen Petro-Roy : 9781250233509 : Blackwell's (blackwells.co.uk)	9 -15
Beautifully me	Beautifully Me : Noor, Nabela, Ali, Nabi H: Amazon.co.uk: Books	4 - 7
Starfish	Starfish : Fipps, Lisa: Amazon.co.uk: Books	10 - 13
Taking up Space	Taking Up Space by Alyson Gerber Goodreads	8 - 13
You are enough	You Are Enough : Petro-Roy, Jen: Amazon.co.uk: Books	
Body Kindness Rebecca Scritchfield	Body Kindness: Transform Your Health from the Inside Out- and Never Say Diet Again: Amazon.co.uk: Scritchfield, Rebecca: 9780761187295: Books	12 +
	Help Your Teenager Beat an Eating Disorder: 9781462517480: Medicine & Health Science Books @ Amazon.com	Parent
	How to Nourish Your Child Through an Eating Disorder: A Simple, Plate-by-Plate Approach® to Rebuilding a Healthy Relationship with Food: Crosbie, Casey, Sterling, Wendy, Golden, Neville H., Lock, James: 9781615194506: Amazon.com: Books	parent
Clips	Help me out - body image - CBBC - BBC Help me out - eating healthily - CBBC - BBC	

Depression

Title	Link	Age group
The Happiest Kid	Little Parachutes • children's picture book review • The Happiest Kid • Sarah Bagley Steele	4- 9

Title	Link	Age group
When Sadness comes to call	When Sadness Comes to Call: Eva Eland (Big Emotions): Amazon.co.uk: Eland, Eva: 9781783447183: Books	4- 9
My Feelings and me	My Feelings and Me: A Child's Guide to Understanding Emotions: Amazon.co.uk: O'Neill, Poppy: 9781800073388: Books	4 - 9
Augusta and his smile	Augustus And His Smile: Amazon.co.uk: Rayner, Catherine: 9781561485109: Books	4 - 9
The Princess and the Fog	The Princess and the Fog: A Story for Children with Depression eBook : Jones, Anthony Lloyd, Jones, Anthony Lloyd, Edwards, Melinda, Bayliss, Linda: Amazon.co.uk: Books	4 - 9
Sad	Michael Rosen's Sad Book : Rosen, Michael, Blake, Quentin: Amazon.co.uk: Books	4 - 9
Ella on the outside	Ella on the Outside : Cath Howe: Amazon.co.uk: Books	9 – 11
Blue kind of Day	Blue Kind of Day, A : Tomlinson, Rachel, Mordey, Tori-Jay: Amazon.co.uk: Books	
Why are you so sad	Little Parachutes • children's picture book review • Why Are You So Sad? • Beth Andrews	4- 9
The Colour thief	The Colour Thief: A family's story of depression a book by Andrew Fusek Peters, Polly Peters, and Karin Littlewood. (bookshop.org)	4 – 10
Felix after the rain	Felix After the Rain a book by Dunja Jogan and Olivia Hellewell. (bookshop.org)	4 – 9
Blue	Blue a book by Britta Teckentrup. (bookshop.org)	4 – 9

Divorce

Title	Link	Age
Where did you go today?	Where Did You Go Today? (Child's Play Library): Amazon.co.uk: Duke, Jenny, Duke, Jenny: 9781786282002: Books	3- 6
I Cosmo	I, Cosmo BookTrust	9 - 11
Dinosaurs Divorce	Dinosaurs Divorce (Dino Tales: Life Guides for Families): Brown, Marc, Krasny Brown, Laurie: 9780316109963: Amazon.com: Books	
You Make Your Parents Super Happy	Little Parachutes • children's picture book review • You Make Your Parents Super Happy • Richy K. Chandler	3 - 9
Mum and Dad Glue	Mum and Dad Glue: Amazon.co.uk: Gray, Kes, Wildish, Lee: 8601404288333: Books	3 – 8
Living with Mum and Living with Dad	Living with Mum and Living with Dad: My Two Homes : Walsh, Melanie: Amazon.co.uk: Books	3 – 6
Family Break Up	Family Break-Up: My Family's Changing: Amazon.co.uk: Thomas, Pat, Harker, Lesley: 9781526317674: Books	5 – 7
Split Survival Kit:	Split Survival Kit: 10 Steps For Coping With Your Parents' Separation: Amazon.co.uk: Fitzgerald, Ruth, Rudkin, Dr Angharad: 9781526364029: Books	4- 10
Family Changes	The Kids' Book of Family Changes: Understanding Divorce and Separation and Managing Feelings (The Kids' Books of	4- 10

Title	Link	Age
	Social Emotional Learning): Amazon.co.uk: Stephenson, Catherine, Kariyawasam, Hiruni: 9781739091439: Books	
Everything changes	Everything Changes: Amazon.co.uk: Welsh, Clare Helen, Gilland, Åsa: 9781801042963: Books	4- 10
At Dad's on Saturdays	At Daddy's on Saturdays: Amazon.co.uk: Linda Walvoord Girard: 9780807504734: Books	4 – 8
A Day with Dad	Little Parachutes • children's picture book review • A Day With Dad • Bo Holmberg	3 - 8
Websites and organisations	Family Lives Getting a Divorce Divorce Advice Mills & Reeve 1-2-1 counsellor chat Childline Divorce Aid The Parent Guide For Couples and Parents Who Separate or Divorce - Help & Advice For Parent Separation	

Neglect

Title	Link	Age
Jayne's Story	Jayne's Story : A Children's Book About Understanding Neglect eBook : Lewis, Lisa: Amazon.co.uk: Kindle Store	
Somebody cares	Somebody Cares: A Guide for Kids Who Have Experienced Neglect: Amazon.co.uk: Straus, Susan Farber, Keay, Claire: 9781433821097: Books	6- 11

PTSD

Title	Link	Age
Healing Days	Healing Days: A Guide for Kids Who Have Experienced Trauma: Amazon.co.uk: Straus, Susan Farber, Bogade, Maria: 9781433812927: Books	
A Terrible Thing happened	A Terrible Thing Happened: A Story for Children Who Have Witnessed Violence or Trauma: Holmes, Margaret M., Pillo, Cary: 9781557987013: Amazon.com: Books	
Trauma work book	Trauma-Informed Social-Emotional Toolbox for Children & Adolescents: 116 Worksheets & Skill-Building Exercises to Support Safety, Connection & Empowerment: Weed Phifer, Lisa, Sibbald, Laura: 9781683732860: Amazon.com: Books	
Why is Dad so Mad?	Why Is Dad So Mad? - Google Search	2- 12
Why is Mum so Mad?	Why is Mom So Mad?: A Book About PTSD and Military Families: 2 : Kastle, Seth, Kastle, Julia, Gonzalez-Othon, Karissa: Amazon.co.uk: Books	2 – 12
The Huge Bag of Worries	The Huge Bag of Worries: Ironside, Virginia: 9780340903179: Amazon.com: Books	
Big Bear was not the same	Big Bear Was Not the Same: Amazon.co.uk: Rowland, Joanna, Ledda, John, Ledda, John: 9781506471419: Books	3 - 11
The Rhino who swallowed a storm	The Rhino Who Swallowed a Storm - Best Kids' Books (bestkidsbooks.com)	4 – 8

Title	Link	Age
Whimsy's Heavy Things	Whimsy's Heavy Things: Amazon.co.uk: Julie Kraulis: 9781770494039: Books	4 - 11
Brave Bart	Brave Bart: A story for traumatized and grieving children : Sheppard, Caroline H: Amazon.co.uk: Books	

New baby

Title	Link	Age
When I became your brother	When I Became Your Brother : Susannah Shane, Britta Teckentrup: Amazon.co.uk: Books - Google Search	3 - 9
When I became your sister	When I Became Your Sister: Amazon.co.uk: Susannah Shane, Britta Teckentrup: 9781839944598: Books	3- 9
And Tango Makes Three	Little Parachutes • children's picture book review • And Tango Makes Three • Justin Richardson and Henry Cole	3 - 9
There's a House Inside My Mummy	There's A House Inside My Mummy: Amazon.co.uk: Andreae, Giles, Cabban, Vanessa: 9781841210681: Books	3 - 9
What's in Your Tummy Mummy?	What's in Your Tummy Mummy? : Lloyd, Sam: Amazon.co.uk: Books	2 - 6

Resilience

Title	Link	Age
A collection of Books about resilience	Little Parachutes • children's picture books about	
Your special Gift Max Lucado	Your Special Gift: Volume 6 (Max Lucado's Wemmicks, 6) : Lucado, Max, Wenzel, David: Amazon.co.uk: Books	2 – 10
Shine	Shine: Amazon.co.uk: Sarah Asuquo, Florelle Bohi;Florelle Bohi, Florelle Bohi;Florelle Bohi: 9781789017151: Books	5 - 9
After the Fall	After the Fall: Amazon.co.uk: Santat, Dan: 9781783446353: Books	4 - 9
The Most Magnificent Thing	The Most Magnificent Thing: 1 : Ashley Spires: Amazon.co.uk: Books	3 - 7
The Magic Paintbrush	The Magic Paintbrush : Donaldson, Julia, Stewart, Joel: Amazon.co.uk: Books	3 - 7
The Invisible	The Invisible: Amazon.co.uk: Percival, Tom: 9781471191305: Books	3 – 7
Otis	Otis: Amazon.co.uk: Long, Loren, Long, Loren: 9780399256004: Books	1 – 3
A Perfectly messed up story by Patrick McDonnell	A Perfectly Messed-Up Story: Amazon.co.uk: McDonnell, Patrick: 9780316222587: Books	3- 6
Mr. Men Little Miss: You are Brilliant: Believe in what you can achieve by Adam Hargreaves	Mr. Men Little Miss: You are Brilliant: Believe in what you can achieve : Hargreaves, Adam, Hargreaves, Roger: Amazon.co.uk: Books	2- 5
The girl who lost her smile by Karrim Alwari	The girl who lost her smile eBook : Lloyds, MJ: Amazon.co.uk: Kindle Store	3- 8
Pete the Cat: I love my white shoes?	Pete the Cat: I Love My White Shoes : Litwin, Eric, Dean, James: Amazon.co.uk: Books	3 – 8
Ish	Ish : Reynolds, Peter H., Reynolds, Peter H.: Amazon.co.uk: Books	3 – 8

Title	Link	Age
You are awesome text	You Are Awesome: Find Your Confidence and Dare to be Brilliant at (Almost) Anything: Amazon.co.uk: Syed, Matthew, Triumph, Toby: 9781526361158: Books	6- 12
You are awesome	The You Are Awesome Journal: Dare to find your confidence (and maybe even change the world): Amazon.co.uk: Syed, Matthew, Sagar, Lindsey: 9781526361660: Books	6 – 12
A long walk to Winter by Linda Sue Park	A Long Walk to Water: Based on a True Story : Park, Linda Sue: Amazon.co.uk: Books	10 – 12
The Boy who harnessed the Wind	The Boy Who Harnessed the Wind - Book cover may vary: Amazon.co.uk: Kamkwamba, William: 9780007316199: Books	10 – 14
I am Malala	I am Malala by Malala Yousafzai - Google Search	10 – 16
Sad, the Dog	Sad, the Dog: Amazon.co.uk: Fussell, Sandy, Suwannakit, Tull: 9780763678265: Books	4 – 9
Resilience journal	HAPPY CONFIDENT ME Daily Journal - Gratitude and growth mindset journal to boost children's happiness, self-esteem, positive thinking, mindfulness and resilience : The Happy Confident Company, Annabel Rosenhead, Nadim Saad, Jo Chadwick, Daniel Bobroff, Daniel Bobroff: Amazon.co.uk: Books	7 – 10
Be resilient	Be Resilient: How to Build a Strong Teenage Mind for Tough Times : Morgan, Nicola: Amazon.co.uk: Books	
Websites	Growth Mindset Parenting – Big Life Journal	
Clips	Wellbeing For Children: Resilience (youtube.com) Keeping Calm - Building Resilience with Hunter and Eve (youtube.com) The Hugging Tree: A Story About Resilience (youtube.com) Help me out - resilience - CBBC	

Self harm

Title	Link	Age
Self harm recovery journal	Self Harm Recovery Journal: Beautiful Journal for Self-Harm Recovery with Energy and Mood Trackers, Self Harm Prevention Work Sheets, Quotes, Mindfulness Exercises, Gratitude Prompts and more.: Amazon.co.uk: SelfLoveRecoveryDesigns: 9781089518709: Books	
	102 Distraction Techniques: For Self-harm and other Mental Health struggles: Amazon.co.uk: Shrubsole, Scott: 9781078261968: Books	
	Can I Tell You About Self-Harm?: A Guide for Friends, Family and Professionals: Amazon.co.uk: Pooky Knightsmith, Foreword by Jonathan Singer: 9781785924286: Books	

Suicide

Title	Link	Age
	How to Help Someone who is Suicidal Suicide Prevention Child Mind Institute	
	Suicide Prevention: 12 Things Parents Can Do - HealthyChildren.org	
	My child is having suicidal thoughts - Support for Parents from Action For Children	
	Papyrus UK Suicide Prevention Prevention of Young Suicide (papyrus-uk.org)	
	Talking About Suicide - The Conversation That Could End Up Saving a Life University of Utah Health	
	But I Didn't Say Goodbye: Helping Families After a Suicide: Amazon.co.uk: Rubel, Barbara: 9781892906021: Books	