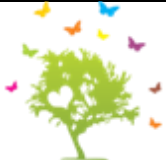






















Mental Health and Well-being resources

	Resource	Type	Notes
	Catholic Mental health project http://www.catholicmentalhealthproject.org.uk/	Signposting website	News events and resources from the Catholic Bishops' Conference of England and Wales on Mental health. Includes prayer, funding, local support and crisis information
	Catholic Education Service https://www.catholiceducation.org.uk/schools/mental-health-resources	Mental Health Resources List	Signposting list including prayer resources and other well-being and mental health provision
	Catholic Children's Society https://www.cathchild.org.uk/meditation-with-children-young-people/	Meditation	During the Coronavirus crisis the Catholic Children's Society have collaborated with the World Community for Christian Meditation (WCCM) to develop a series of videos on meditation which children and young people can participate in, whether in school or at home. Each consists of a phase-appropriate introduction leading to a period of meditation.
	Brentwood Catholic Children's Society (BCCS) https://www.bccs.org.uk/our-services	Catholic charity providing support	Provision includes a dedicated worker, mental health training in schools, workshops for pupils, support for school staff and families plus resources. These come at a cost.

	Mind and Soul Foundation https://www.mindandsoulfoundation.org/	Training tools and inspiration	Headed by Dr Kate Middleton Christian Psychologist.
	Association of Christian Counsellors https://www.acc-uk.org/	On line directory	Facilitates quality counselling, psychotherapy and pastoral care
	International Catholic association of Therapists and Coaching https://www.icatc-world.com/	On line directory	UK not for profit network of Catholic mental health professionals. The directory provides accredited, referenced professionals who follow the Catholic faith and hold Christian values
	Quo Vadis for Primary schools http://www.kenelmyouthtrust.org.uk/primary-quo-vadis.html	12 session programme	Supporting students in years 4 to 6 with their mental health through reflective practice, mentoring and mental health training
	Quo Vadis for secondary schools http://www.kenelmyouthtrust.org.uk/secondary-quo-vadis.html	12 session programme	As above for secondary age students
	Hallow https://hallow.com/features/	Prayer app	Prayer and meditation tool tailored to suit the user
	Pray as you go https://pray-as-you-go.org/	Prayer app	Daily reflections inspired by the reading of the day
	God calls https://www.godcalls.co.uk/	Prayer app	Prayer reflection journal and news for young people from National office of Vocations
	Well-being Gov.uk https://www.gov.uk/guidance/mental-health-and-wellbeing-support-in-schools-and-colleges?utm_medium=email&utm_campaign=govuk-notifications&utm_source=566b380b-2814-46aa-9fcf-750fd8dabfea&utm_content=daily	Whole school approach to mental health and well-being	Information and links to the help available for developing a whole school approach to mental health and well-being

	<p>Well-being Charter https://www.gov.uk/guidance/education-staff-wellbeing-charter?utm_medium=email&utm_campaign=govuk-notifications&utm_source=436668fb-e6e4-4545-9a79-0dc1325a0f8d&utm_content=daily</p>	<p>Staff Well-being Charter</p>	<p>Information and links to government well-being charter for staff</p>
	<p>Anna Freud Schools in Mind https://www.annafreud.org/schools-and-colleges/</p>	<p>Website</p>	<p>Schools in Mind is a free network for education professionals which shares practical, academic and clinical expertise about mental health and wellbeing in schools and FE colleges. There are also resources on staff well-being</p>
	<p>Mentally healthy schools https://www.mentallyhealthyschools.org.uk/</p>	<p>Resources and information</p>	<p>Downloadable resources and information on mental health for schools</p>
	<p>Beheadstrong https://www.beheadstrong.uk/</p>	<p>Mental Health resources for young people</p>	<p>Stories, interactive challenges, information, blogs etc.</p>
	<p>Place 2 Be https://www.place2be.org.uk/</p>	<p>Mental health charity</p>	<p>Children's mental health charity offering support and training in schools</p>
	<p>MindEd https://www.minded.org.uk/</p>	<p>Information on mental health</p>	<p>MindEd is a free educational resource on children and young people's mental health for all adults.</p>
	<p>Strengths and Difficulties questionnaire https://www.sdqinfo.org/a0.html</p>	<p>Downloadable questionnaire</p>	<p>Behavioural screening questionnaire for 3-16 year olds</p>